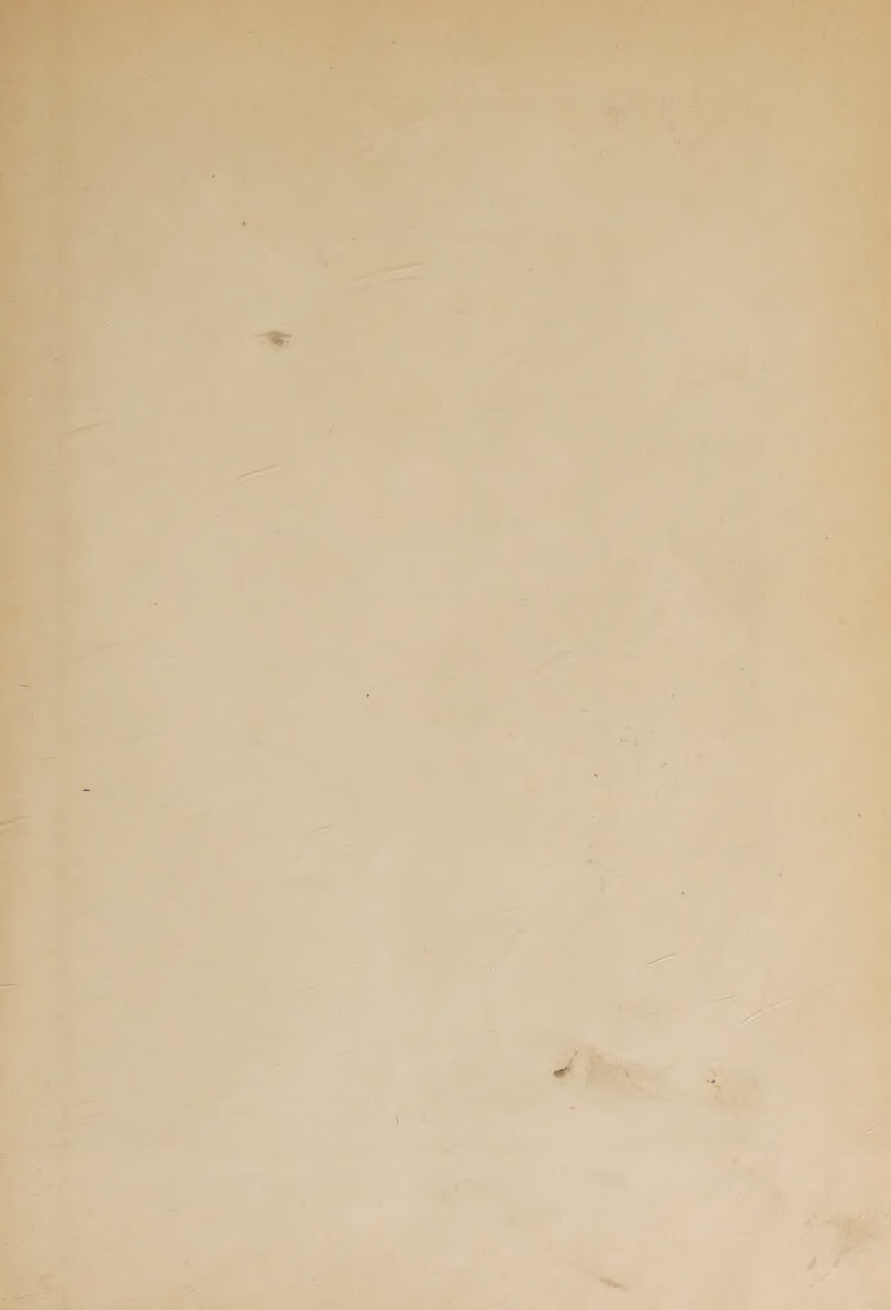


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THE STORY SERIES IN HEALTH

The
SUNSHINE SCHOOL

BY

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AND

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THE STORY SERIES IN HEALTH

BOOK ONE

THE SUNSHINE SCHOOL

By J. Mace Andress and Mabel C. Bragg

BOOK TWO

A JOURNEY TO HEALTH LAND

By J. Mace Andress and Annie Turner Andress

BOOK THREE

THE BOYS AND GIRLS OF WAKE-UP TOWN

By J. Mace Andress

The Athenæum Press

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FOR TEACHERS TO READ

"The Sunshine School" is presented as a companion volume to "A Journey to Health Land" and "The Boys and Girls of Wake-Up Town" of the Story Series in Health. Like the other volumes of this series it emphasizes health habits and attitudes rather than mere knowledge relating to health.

This book is based on the idea that since physical and mental health are two of the fundamentals of happy and successful living, the teaching of health, begun in some measure in the home, should be continued after the child goes to school, and that attractive health reading should be placed in his hands as soon as he has a fair mastery of the elementary tools of reading.

The health content and the teaching methods suggested in "The Sunshine School" can no longer be thought of as being in an experimental stage. They reveal the best practice in the health work of enthusiastic teachers in the schools of Newton, Massachusetts. The story of this health school presents a conception of a modern primary school operating under the conditions most favorable for

mental and physical growth. For this reason it has many positive suggestions for both teachers and pupils. The majority of the illustrations of children's activities presented have been taken from actual school practice.

Like its companion volumes "The Sunshine School" is planned to make a vivid appeal to children and actively enlist their interests in healthful living. It grows out of the actual life of children. It tells stories of what real children say and do at home, on the street, on the playground, and in the schoolroom. School is portrayed as a happy place where children achieve success. The children in the book tell stories, take part in plays, go on trips, play games, build doll houses, keep pets, make a vegetable garden, learn poems, sing songs, help the teacher and one another, and learn to be healthy in mind and body. There are many pleasant surprises, and a spirit of jollity and good fellowship pervades the book. The children not only learn to be healthy but they discover happiness in healthful living.

In the text and in the exercises at the end of the chapter there are many practical suggestions for teachers and children. It is hoped that the children may be stimulated not only to read what may be a pleasing story but to carry some of these ideas of healthful living into actual life. Teachers should remember that while the book will

doubtless further an interest in healthful living, this interest, to prove effective, must be personally directed by the teacher into channels of health habits. It is believed by the authors that this little volume will materially assist primary teachers in determining the content and teaching methods of their own program of health activities.

The authors wish to acknowledge their indebtedness to the Mumil Publishing Co. for permission to reproduce the poem "Bedtime" by Albert E. Weir and to the National Tuberculosis Association for the use of "Go to Bed Early" by W. S. Read, from Dansdill's "Health Training." The words of the song "Vegetable Men" are reprinted by permission of the American Child Health Association, and the music is used through the courtesy of G. Schirmer, Inc. Thanks are also due to Houghton Mifflin Company and the New England Dairy and Food Council for their consent to the reprinting of Andress's "Santa Claus's Baby."

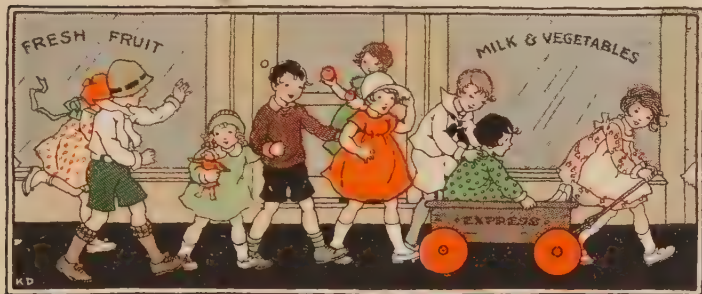
The authors are especially indebted to W. P. B. Lockwood for his advice concerning those portions of the text referring to milk, and also to the superintendent of schools, the teachers, parents, and children of Newton who made this book possible.

J. MACE ANDRESS
MABEL C. BRAGG

STORIES THIS BOOK TELLS

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THE SUNSHINE SCHOOL



I

A PEEP INTO HEALTH TOWN

Once there was a little town.
Many children lived there.
It was called Health Town.
It had pretty houses.
It had wide streets.
It had tall trees along the streets.
The streets were very clean.

Health Town had stores.

The stores had many good things for children to eat.

They sold milk.

They sold oatmeal.

They sold carrots.

They sold spinach.

They sold oranges.

The stores in Health Town were very clean.

Health Town had a station.

Trains came into the station.

Trains went out of the station.

The trains brought food.

The trains brought people.

The trains were very clean.

The station was always clean.

Health Town had a school.

The school was on a hill.

The schoolhouse was white.

The shutters were green.

There was a large playground.

It had many tall trees.

It had green grass.

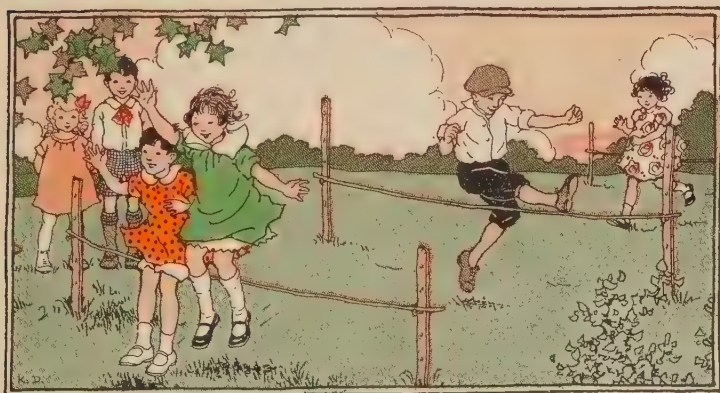
The playground was clean and beautiful.

There were many healthy children in Health Town.

Most of the children were healthy.

The healthy children had rosy cheeks.

They had laughing eyes.



They could run fast.
They could jump far.
They played hard.
They had a good time.

Here they are—
Mary and John,
Silas and Tom,
Ruth and Will,
Jack and Jill.

All these children and many more went to
school.

The school was on the top of the hill.
It was called the Sunshine School.
It was a happy place.
The teacher was happy.
The children were happy.
The children played in that school.
The teacher played with the children.
The children laughed in that school.

The children worked in that school.
Very often the teacher laughed.
It was fun to go to the Sunshine School.



Find the Right Word for Each Space

fast	Sunshine School	laughed	happy
rosy	Health Town	milk	oranges
spinach	stores	carrots	oatmeal

1. The name of our town is ———.
2. The name of our school is the ———.
3. There are ——— in our town.

4. —— is good for children to drink.
5. —— are yellow and good for children to eat.
6. Sunshine boys and girls eat ——.
7. The children in the Sunshine School were ——.
8. They had —— cheeks.
9. They ran ——.
10. The teacher often —— in that school.

Try This. It's Fun

1. Ask mother for some old magazines. Bring them to school. Cut out the pictures of healthy children. Cut out pictures of vegetables and fruits good for children to eat. Begin a health scrapbook.

2. Tell about things in your town that are also found in Health Town.

3. Ask your teacher to copy on the blackboard the "Sunshine Boys and Girls Say" picture. Make up a new health saying every day for the picture.

II

THE FIRST DAY AT SCHOOL

Mary and John were sister and brother.

They lived on Walnut Street in Health Town.

Early one morning Mary knocked on John's door. John was still fast asleep.

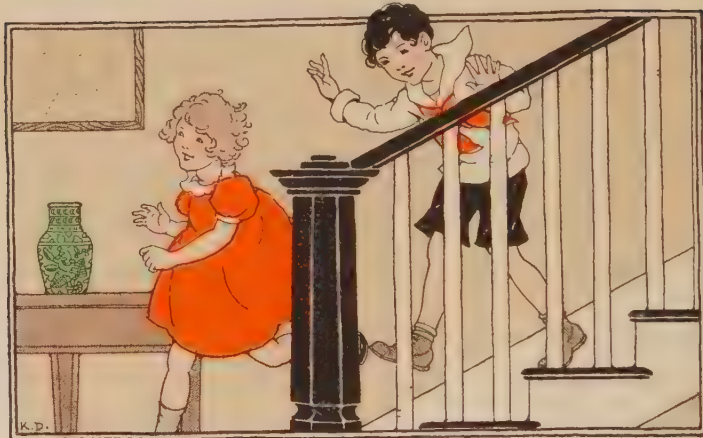
"Do wake up, John," said Mary. "The birds are singing. The sun is shining."

"All right," said John as he sat up in bed winking his eyes. "But why are you in such a hurry?"

"Oh, have you forgotten? This is the first day of school."

"Hurrah! so it is," cried John, jumping out of bed. "Won't it be jolly to get back to school again?"

"Hush," whispered Mary softly. "Let us



surprise mother by being all ready for breakfast when she calls.”

How quietly and quickly they dressed!

They went to the bathroom. They washed their hands and faces. Next they cleaned their finger nails. They did not forget to comb their hair.

“Breakfast is ready,” called mother. “Come Mary, come John.”

“We are coming, mother,” they cried, racing into the dining room.

"What fine children!" said their mother in surprise. "I did not expect you so soon."

"We meant to surprise you. Is there anything left for us to do?"

"No, thank you, children, breakfast is all ready," their mother answered.

"How fine you look, John!" said his father. "I think the teacher will be glad to see such a good-looking boy."

"Don't forget Mary," said her mother.

"I don't. I am proud of them both. She looks lovely too."

AT BREAKFAST

"Let us have our breakfast now," said mother.

"O mother!" cried Mary. "I know how good your breakfasts are, but I do not feel the least bit hungry. I think I must be excited about getting back to school."

John started for his place at the table.

"It will never do, Mary, to go to school without a good breakfast. Remember what our teacher, Miss Pride, told us last year. We must start the day right."

"Of course I am going to eat breakfast, John." Mary seated herself just across the table from him.

Soon John said, "Please, mother, give me a little more oatmeal. I am hungry."

John poured some milk on his oatmeal. The bowl was nearly full.

"Do you know what this milk makes me think of, mother?" asked Mary.

"Does it make you think of the country?"

"Yes, it does. I can see Bess, that dear old cow, poking her head through the fence."

"I used to like to pull green grass to feed her," said John.

"Wasn't her baby calf, Speckles, pretty?" asked Mary. "He will be a big fellow by next summer."

"Oh, this baked apple is good," said John.

"Have a little cream on it," said mother.

Soon the good breakfast of milk, baked apple, oatmeal, and toast was over.

"Please excuse me," said Mary, pushing back her chair.

"Please excuse me too," said John, folding his napkin.

ON THE WAY TO SCHOOL

At last John and Mary were on their way to school.

Mother stood in the doorway watching them go hippety-hop down the street.

"Bye, bye, mother," they called to her.

"Good-by," she said. "I know that you will have a very happy day."

"Oh, I can hardly wait," said Mary. "It will be lovely to see all the children again."

"Yes, and there will be new ones," added



John. "You know there are many new families over on Lowell Avenue. I saw several children over there about our age."

Just then they heard someone call, "Mary, wait for me."

A little girl about as tall as Mary was coming through a gate on the other side of the street.

"It's Sally Jones. Hello, Sally. Are you going to school?"

Sally looked up and down the street before she crossed.

"Yes. I hope we shall be in the same room."

"I think we shall," said John. "Miss Alice Joy is to have our class this year. Miss Joy makes all her children happy."

"I am so glad," cried Sally.

"So am I," said Mary.

"I like her. She is so pleasant."

"I am sure that we shall like her. I know she will like us too."

"Do you know what she has in her room?" asked Mary.

"No."

"She has a canary."

"What is his name?"

"Just Dickey."

"Ho, ho!" shouted John. "There's James Smith. Hello, James."

"Hello, John. Are you going to school?"

"Yes, I'm glad to see the boys again."

By the time they began to climb the hill at least a dozen more boys and girls were with them.

There was a big American flag flying from the top of the schoolhouse.



"How we love the Sunshine School!" cried Sally. "Look, there is Miss Joy at the window."

VISITING IN MISS JOY'S ROOM

John and Mary and all the others went up the steps into the Sunshine School.

There was Miss Joy waiting for them in the open door.

"Good morning, children," she said. "Come right in, I am glad to see you."

Miss Joy was smiling. The children thought they had never seen such pretty white teeth.

Soon they were talking to her as if they had known her a long time.

What a pretty room it was!

Yes, there was the canary swinging and singing in the cage.

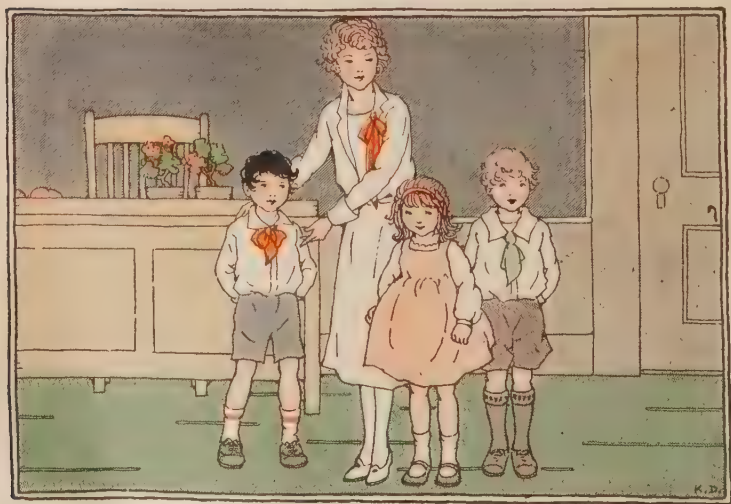
Beyond were the wide open windows. Through the windows they could see the trees and flowers outside.

There was a low chair and table for every child. The tables were smooth and clean. The little chairs looked very comfortable.

"This morning," said Miss Joy, "we shall take time to know each other. I want you to meet some of my friends."

Two boys and a girl came forward and stood near Miss Joy.

"Children," she said, "I want you to meet Silas, Tom, and Ruth."



The three children bowed.

"These children," Miss Joy went on, "were in our room last year. They will be your guides and will help me take you visiting around the room."

Mary was very happy because she was near Miss Joy.

"First of all," said Miss Joy, "look over near the door."

There was a big looking-glass.

"The looking-glass hasn't a voice, but it does tell stories. Every morning when you come to school it will tell you a story. Who knows what it may tell?"

"I think I know. It tells whether we have combed our hair."

"It may also tell when our faces are clean."

"I know another thing it may tell. It may tell whether we are standing tall."

So each child told what the looking-glass might say.

All the children then drew themselves up very tall.

"What good answers!" said Miss Joy. "You will like to look into the glass every time you come to school. Sometimes the stories are funny."

Next they went over to a corner of the room to a washbowl. How clean and white it was! One of the faucets was marked HOT, the other, COLD.

"Oh," said one of the children. "If we get our hands and faces dirty we may wash them here."

"Indeed, you may," said Miss Joy. "I shall give each one of you today a small piece of soap for your very own. Bring a little box for it this afternoon."

"There are some paper towels too. We shall have to keep our hands clean here," said Mary.

Miss Joy led the way to the canary cage.

"I love birds," said Sally.



"The children take care of Dickey. Should you like to feed and water him and look after his cage this week?"

"Yes, I should," said Sally.

Next they stopped before a little table. It was covered with many beautiful books, and little chairs were drawn up close to the table.

"This is our library table. After the children have done their work they may come here to read."

"I shall work hard to get mine done," said Bob.

"Everybody likes this table," said Miss Joy with a smile.

They stopped again at another table.

"This is our beauty table," said Miss Joy. "The children take turns in bringing something beautiful for it. See, I brought this today."

She pointed to a picture. The children saw a white, fluffy kitten lapping milk from a saucer.

"It looks like my kitty, Molly," whispered one of the girls.

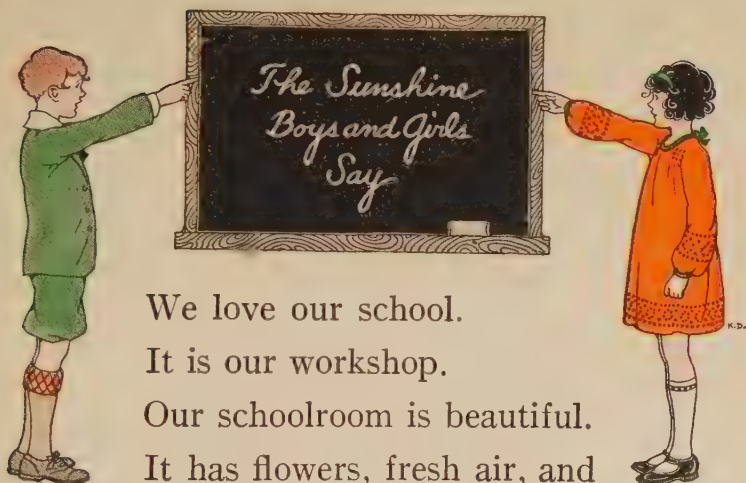
"Isn't it pretty?" said another.

They visited many other parts of the room. They found toys, and building blocks, and dolls. How lovely it was to be there!

Then they read to Miss Joy. She liked their reading very much. She was glad they had learned so much last year.

So many pleasant things happened that the school day was over before they knew it.

Each of the children shook hands with Miss Joy. Many of them said, "Good-by, Miss Joy, we have had a lovely day."



We love our school.
It is our workshop.
Our schoolroom is beautiful.
It has flowers, fresh air, and
sunshine.

We have a canary at school.
We keep his cage clean.

Questions to Answer

1. Who were John and Mary?
2. Where did they live?
3. How did they surprise father and mother?
4. Why was John's father proud of him?
5. What did John and Mary have for breakfast?
6. Did they have enough time to eat a good breakfast?

7. Whom did the children meet on their way to school?
8. Why did this little girl look up and down the street?
9. What was the canary's name?
10. What was the teacher's name?
11. Do you like this name? Why?
12. Where was the looking-glass?
13. What stories may a looking-glass tell?
14. What was over in the corner of the room?
15. How many children were to get little cakes of soap?
16. Who loved birds?
17. What does a canary need to be healthy?
18. What did the children see on the beauty table?
19. What other things did the children see on their visit?

Try This. It's Fun

1. Tell a story about your first day at school this year.
2. Make believe that you are a new pupil. Let some of the children take you visiting around the room.
3. Find some way to get a mirror for your room, if you do not have one. Maybe mother has an old one at home.



III

SOME VACATION STORIES

MISS JOY TELLS A STORY

"Bring your chairs up closer," said Miss Joy, "and I will tell you a story."

Quickly the children picked up their chairs. Soon they were seated close to Miss Joy.

"Is it a new story?" whispered Mary.

"Yes. I think I have not told anybody about it before."

"Good," said Nancy. "I like new stories."

"Last summer," began Miss Joy, "I went to a camp far away in the woods.

"We rode many hours on the train. Then we took a steamboat. Late one afternoon we came to our camp. It was on a point of land.

"The name of the camp was 'Lookout.' I soon found out why it had that name. From our camp we could see all around the lake. Across the lake were hills covered with trees. Beyond the hills we could see the blue peaks of mountains."

"Could you see the sun set behind the mountains?" asked John.

"Oh, yes. It was lovely there in the evening. The sky had many beautiful colors. We watched the stars come out.

"Early in the evening we rowed out on the lake. Often we sang songs."

"Did you have a good place to sleep?" asked William.

"I slept in a tent. It had three windows. Netting kept out the flies and mosquitoes. We slept soundly all night.



"It was fun to wake up some nights and hear the wind blowing among the pines. I liked to hear the rain patter on the canvas.

"One day we climbed a very high mountain. I thought we should never get to the top. When we were about half way up we stopped to eat our lunch.

"We had good things to eat. I ate a chicken sandwich and a large orange, and I drank a glass of milk.

"About five o'clock we were at the top of the mountain. We saw many mountain peaks. Away down below we could see a village.

"As soon as it began to grow dark we built a fire. Everyone had to sing a song or tell a story. That night we slept out under the stars."

"It must have been fun," said Charles. "Did they twinkle, twinkle, twinkle?"

"Yes." Miss Joy smiled. "It was wonderful to be up so high and to breathe so much fresh air."

"Do tell us some more about your vacation," said Nancy.

"I shall tell you only a little more," said Miss Joy, "because I want to hear about your vacations. I learned to play tennis and to swim better than I ever did before. Nearly every week we had a picnic. Every day I rested in my tent. Oh, how good the food tasted!"

"Did you grow any?" asked Mary.

Miss Joy laughed aloud.

"You know," she said, "that people who are as old as I am do not grow any taller. But I did gain seven pounds in weight. I feel so well that it's just fun to come back to work."

PETER TELLS A STORY

"Which of you children can tell us a story about your vacation?"

"May I tell you about mine?" asked Peter.

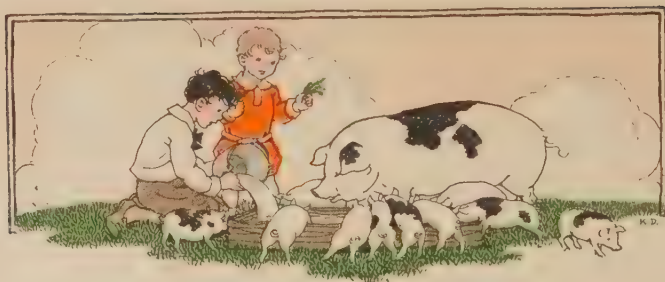
"I should love to hear about it, Peter," said Miss Joy.

"My brother Alfred and I were on a farm all summer. It was my Uncle Fred's farm."

"Did you have much fun?" asked Mary.

"Oh, yes, I liked to see my Uncle Fred milk. He has four Jersey cows. Every night after supper we used to go down to the pasture to drive them home. A big shepherd dog, Dash, helped us."

"Were there pigs and calves on the farm?" asked Sarah.



"Oh, yes, there were a mother pig and ten baby pigs."

"Were any of them white?" asked John.

"Yes, there were five that were all white, and five that were black and white."

"Oh," said Nancy, "how I wish I could have seen them! Did you ever feed them?"

"Yes, I used to feed them a pail of milk every day. They were fat and happy."

"Was that all that they ate?" asked Miss Joy.

"No, I used to pull weeds for them sometimes. Uncle Fred had a large garden. Sometimes he had more lettuce than we could eat. Then I had

fun pulling it and feeding the pigs. How they liked it!

"Uncle Fred said that leafy vegetables like lettuce and spinach are good for pigs. Everybody knows that they are good for boys and girls too."

"Did your Uncle Fred have little chickens on his farm?" asked Polly.

"Yes, two hundred of them."

"Aren't they lovely and fluffy!" said Polly. "We had some baby chicks once. Tell us about them."

"I used to go out often with my Aunt Beth to feed them. We gave them plenty of clean water. They also had some food which came from the store. The chicks liked to scratch in the sand and strut in the sunshine."

"Did your Uncle Fred have some hens too?" asked Sally.

"Yes, he had many. They were kept in a big

house. It had large windows that were open all the time. In winter the windows are covered with white cloth. The cloth keeps out the wind. The big open windows let the hens have plenty of air and sunshine.

"Uncle Fred always makes his hens work for their food. Some of the grain is covered with straw. The hens scratch to get it. They work so hard that they get very hungry.

"Hens need plenty of fresh water. Their house must be kept very clean to make them healthy.

"Every afternoon we gathered the eggs. One day we had five dozen. They were beautiful brown eggs.

"Aunt Beth uses eggs to cook with. Nearly every morning I had a soft-boiled egg on toast. I like eggs. Aunt Beth says that eggs are good for children.

"When I am a man I shall own a farm. I like the horses and cows and pigs and hens. I like

the milk, the brown eggs, and the vegetables, and apples.

"I hope I can have my vacation next summer on a farm."

NANCY IN CAMP

"Peter had a wonderful time on the farm. I should think he would like to go back there again. Nancy, how did you spend your vacation?"

"I was in a camp in New Hampshire. It was on Scobie Lake."

"What a queer name!" said Will.

"Yes, a man named Scobie lived there first. He built a mill. He also built a house. Ever since then it has been called Scobie Lake."

"How many of you were in the camp?" asked Jill.

"There were twelve people," said Nancy.

"Did you have much fun?" asked Peter.

"Oh, yes. I learned to swim. Every day we had a swim in the lake.

"Sometimes we went way out on the water in a big boat. One day we fished, and I caught a big fish."

"Did you get it into the boat? I nearly caught a big one once but it fell back into the water," said Peter.

"I really caught it. We ate the fish for dinner.

"Every day we went for a long walk. Once I walked four miles. We had to climb too. I was glad to rest when we got to the top of the hill.

"By the time we got back to camp I was very hungry."

"Did you have good things to eat?" asked John.

"Yes. We had plenty of good milk and lettuce and beans and berries.

"After our long walks bed was the best place of all. How hard we slept and how fine we felt the next morning!"





FUN IN WORK

"Do tell us about your camp, Harris," said Miss Joy.

"We had great fun helping to do the work," said Harris.

"There was no water near our camp. We had to climb a hill for it. I used to pump the water. It was clear and cold. We boys used to carry pails of it down to the camp.

"Everyone drank six glasses of water every day."

"What else did you do to help?" asked Miss Joy.

"We helped to bring in the fruits and vegetables. Every Friday morning Mr. Jones came with his automobile filled with fruit. Mr. Jones had peaches, pears, plums, apples, and bananas. We always bought those bananas that had begun to turn brown because they were the ripest ones.

"He also brought vegetables. There were big heads of lettuce, and long yellow carrots, fresh string beans, red juicy beets, and the beet greens too.

"After the fruits and vegetables had been bought, we helped to carry them into the camp."

"Did you have to go for your milk?" asked Jane.



“Oh, no, a boy named Christie brought it. We put it away in the ice-box. It was good milk. Nearly every day we helped carry ice for the ice-box.”

“Did any berries grow near there?” asked Jane.

“Oh, yes, there were blueberries, blackberries, raspberries, and wild strawberries. It was slow work picking them but they tasted good with cream and sugar and bread and butter.”

"Did you have a fireplace?" asked Alfred.

"Yes, a large one in the big cabin. When it looked like rain we used to bring wood. It was jolly to sit around the fire and listen to stories."

"When my sister was in camp she used to make her own bed," said Ann.

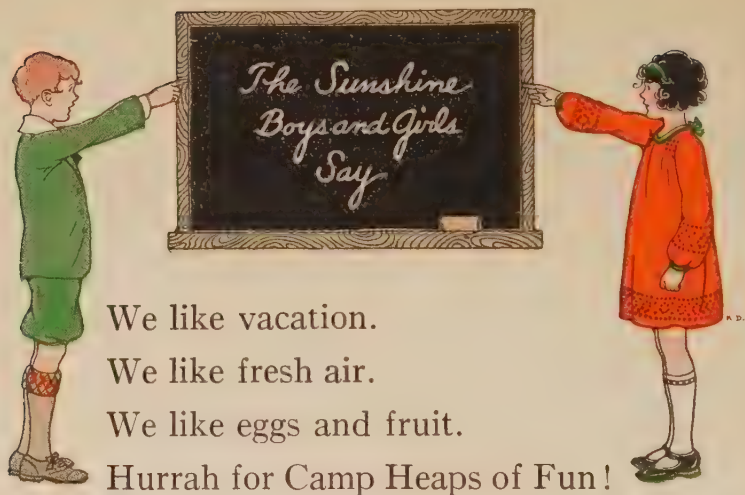
"Everybody did that in our camp early in the morning. I once won a prize for being the best bed-maker.

"We needed to be very careful about our clothes. If they were found on the floor they were locked up, and we could not get them for a week.

"By the end of the summer we had learned to hang them up."

"You haven't told us the name of the camp yet," said Miss Joy. "Was it Camp Work?"

"It might have been," said Harris. "But everybody called it Camp Heaps of Fun. It was a great place to play and rest and sleep."



Put These Words in Order

1. stories, like, good, I
2. tent, Miss Joy, a, slept, in
3. were, this, windows, There, in, three, tent
4. many, Miss Joy, good, eat, to, things, had
5. milk, She, a, drank, glass, of
6. ate, chicken, a, She, sandwich
7. pounds, weight, seven, gained, Miss Joy, in
8. farm, his, Peter, on, spent, a, summer
9. two, Peter, milk, sometimes, drank, warm, glasses, of

10. Aunt Beth, Peter, every, used, eggs, gather, to, help, afternoon

11. eggs, ate, of, Peter, brown, the, big, many

12. Nancy, lake, spent, a, on, summer, her

13. to, Nancy, lake, swim, learned, in, the

14. lake, The, Scobie, called, was, Lake

15. There, much, camp, to, work, be, is, done, in

16. camp, We, down, carried, water, to, the

17. woods, berries, We, many, picked, the, in

18. bed, Everybody, to, his, learned, own, make

19. was, The, Camp Heaps of Fun, of, name, camp, the

Try This. It's Fun

1. Tell about the jolliest thing that happened on your vacation.

2. Ask your teacher to tell a story of her vacation.

3. Bring to school some snapshots taken on your vacation. Tell the class about them.

4. Build a summer camp on your sand table.

5. Draw some camp pictures.

6. Make a loom and weave a little rug.



IV

WE ARE GROWING

A GOOD QUESTION

"Miss Joy," asked Mary, "isn't this the day we find out how tall we are and how much we weigh?"

"Today is the day, Mary. What made you think of it?"

"Oh, I have been thinking about it ever since school began."

"So have I," said Peter. "I think I have grown tall, don't you?" Peter stood very tall and straight.

"I know that I have gained in weight," said Nancy.

"I know before I am weighed that I have gained," said Bob.

"How do you know?" asked Miss Joy.

"The clothes I wore before vacation are too small for me."

Miss Joy and all the children laughed.

"You look as if you had all grown."

"I hope the scales will tell a big story about all of us."

LET US GET READY

"Ah, here come the scales," said Miss Joy.

A big boy from the sixth grade was wheeling in the new scales on their own little platform. He left them near the window where there was a good light.

"Aren't they new scales?" asked William.

"Yes," said Miss Joy. "The Junior Red Cross bought them for us. We must take good care of them so that they will always tell the right kind of story.

"I wonder how many of you remember what you need to do to get ready?"

"I do," said Mary. "First, the boys need to take off their coats."

Some of the children took off their coats and hung them up in the coatroom.

"Last year we all used to take off our shoes before we were weighed," said Charles.

"We shall do the same this year," said Miss Joy. "As fast as you are ready you shall be measured and weighed."

How fast the children worked!

"Grace, how quickly you unlace your shoes! You must be a great help to your mother."

"Let me help you, Polly," said Ann.



Polly found it hard to get off her shoes. She looked a little bit as if she wanted to cry, but of course she wouldn't. She smiled when Ann offered to help her.

Charles was the first one to be ready.

WE HAVE GAINED

Charles stepped up on the scales. How tall he looked!

Miss Joy turned the measuring rod to get his height.

"Charles, do you know how tall you were in June?"

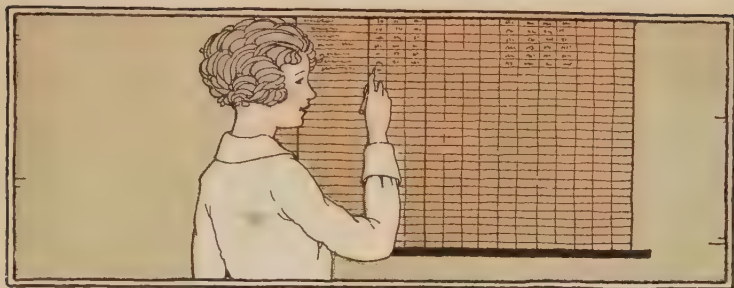
"No, I don't, Miss Joy."

Miss Joy looked at the measuring rod.

The children were all as quiet as mice.

"Why, Charles," said Miss Joy, "you are forty-seven inches tall! I have your last year's record.

"How you have grown! Last June you were forty-five inches tall.



"Who knows how many inches Charles has grown?"

"Two inches," said Ann quickly.

Miss Joy walked over to the orange-colored chart on the wall. There she found Charles's name.

"How old are you, Charles?"

"Eight years old."

Miss Joy wrote 8 on the chart beside his name and 47 in the place for his height.

"Now," she said, "we will see how much you weigh."

She pushed the weight along until the scales just balanced. Then she read "fifty-two."

"Charles, you weigh fifty-two pounds."

"Good, I think I weighed forty-nine pounds last June."

"So you did," said Miss Joy, looking at his card. "Isn't that fine? You have gained three pounds. I wonder how much you ought to weigh."

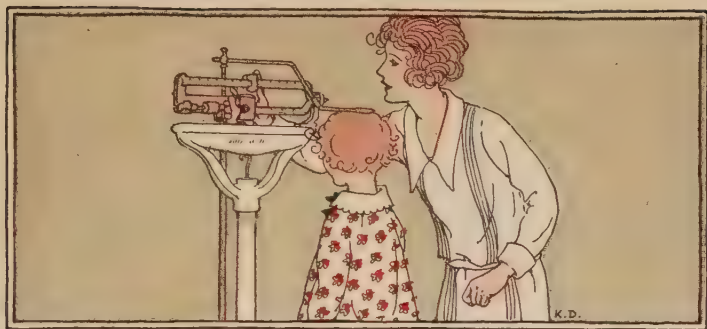
She looked at another chart near the scales.

"The great doctors say that a boy of your age and height ought to weigh about fifty pounds. You have two pounds to spare.

"Tell me, Charles, how do you think you gained the three pounds?"

"I don't know, Miss Joy, unless it was because I lived out of doors so much this summer. It made me hungry and I ate a great deal. Then I went to bed early and slept late."

"I think that must have helped. You children grow while you sleep," said Miss Joy. "You know our school doctor says that it's one sign of health when children gain in weight."



"My father and mother would like to know about this," said Charles.

"Of course they would, Charles. I have the cards all ready for the new height and weight."

Mary was the next child to be weighed and measured. She was forty-six inches tall and weighed just forty-six pounds.

"Oh, Mary," said Miss Joy, "you have gained four pounds!"

"I am so glad. It will make my mother very happy."

"How do you think you happened to gain four whole pounds?"

"I had a rest time every day. We also had some rich milk from Jersey cows."

"Rest and milk do help to make children grow."

Charles's card when it was given to him looked like this:

CHARLES WHITE					SUNSHINE SCHOOL					
	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.	APR.	MAY	JUNE
Age	8									
Height	47 in.									
Weight	52 lb.									
Gain in weight . .	3 lb.									
Should weigh about	50 lb.									

HOW MUCH DID WE ALL GAIN IN HEIGHT?

"Let me see," said Miss Joy. "Charles gained two inches in height, and Mary gained three inches. How much did both of them gain?"

"Five inches," shouted the children.

"Wouldn't it be great fun to find out how much we all have grown?" asked Mary.

"All right," said Miss Joy. "Let us find out."

After all had been weighed and measured, she copied the gains in height on the board. Then she and the children added them.

"Who would have believed it?" said Miss Joy. "All together we have grown sixty inches. That is just five feet. That is almost as tall as I am."

"Oh," cried the children. "Did we grow as much as that?"

HOW MUCH DID WE ALL GAIN IN WEIGHT?

"Let us count up to see how much the whole class gained in weight," said Ann.

"All right. Charles gained three pounds. Mary gained four pounds. How much did they both gain?"

"Seven pounds," said Charles.

"Right," said Miss Joy.

Miss Joy put down on the blackboard what each one had gained. Then they added these figures.



"You have gained seventy-five pounds all together," she said.

The children clapped their hands and Miss Joy looked very happy.

"Why, that is more than I weigh," said Mary.

WHAT THE BLACKBOARD TOLD

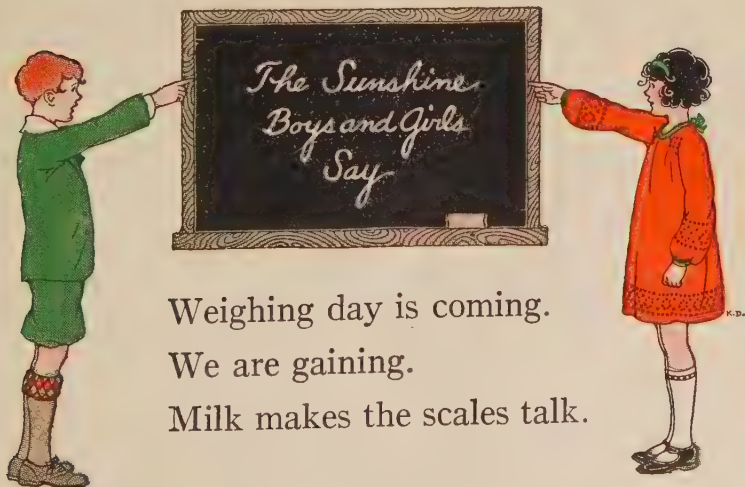
"Before we go home tonight I want to write something on the blackboard. What do you think it will be?"

"I know," said Peter. "You will let the blackboard tell how much we have all grown since last June. That will be a good story."

Miss Joy stepped to the blackboard and wrote in large letters:

*The boys and girls of this room
of the Sunshine School have
grown sixty inches since last
June.*

*They weigh seventy-five pounds
more than they did in June.*



Weighing day is coming.

We are gaining.

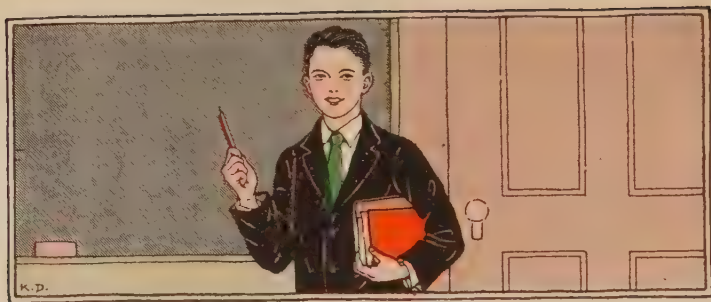
Milk makes the scales talk.

Guess

- | | |
|--|---|
| 1. They tell a story.
They are in every market.
Are your friends.
Begins with <i>s</i> . | 2. White.
In every home.
Good for bones and teeth.
Good for children to drink. |
| 3. A word.
Begins with <i>g</i> .
Has an <i>n</i> in the middle.
Ends in <i>g</i> .
Tells good news. | 4. Name of an animal.
Has three letters.
May be brown.
Would never be blue.
Helps children grow. |
| 5. Has two legs.
A little red comb.
A tail.
Wears feathers.
Has a nest.
Is good food. | 6. Everybody needs it.
We need it at night.
Sometimes we need it
in the daytime.
Makes us happy.
Makes us feel rested. |
| 7. Nearly round.
May be white.
May be brown.
May crack.
Has a yellow heart.
Should be fresh. | 8. A boy's name.
Eight years old.
He gained two inches in
height.
He gained three pounds.
Likes to play out of doors. |

Try This. It's Fun

1. Find out how tall you are.
2. Find out how much you weigh.
3. Find out how much you have grown during vacation.
4. Find out how many inches all the children in your room have grown this last month.
5. Find out how many pounds all the children in your room gained last month.
6. Tell the children what you are doing to gain.



V

SUNSHINE CHILDREN DRINK MILK

THE MILKMAN COMES

One morning Donald White came in from the sixth grade. "I am the milkman of the Sunshine School this year," he said. "I came in to see how much milk you wish to order."

Miss Joy was glad to see him.

"We have been looking for the milkman. We are glad you came. Will you tell the children all about your work?"

"Yes, thank you, Miss Joy."

Every child was listening.

"I have come to get your orders for milk. The children in every grade of the Sunshine School are going to have milk luncheons again this year."

"Will it be while we are in school?" asked a new boy.

"Yes," said Donald, "we usually have it just before ten o'clock. Then we are hungry again by noon."

"It always makes me feel better," said Peter.

"I am glad to hear that," said Donald. "Milk is one of our best foods. It helps us to grow. It helps to make our bones and muscles strong too.

"It will cost twenty-five cents a week. This will buy a half-pint bottle of milk and two graham crackers a day. Of course, everyone here will take milk."

"I will," said Mary.

"I will," said Alice.

"I am sure you all will," said Donald. "When

you go home, ask your mothers about it so that I can order the milk and crackers this afternoon. Thank you, Miss Joy."

"Good-by, Donald. We shall be glad to see you again tomorrow."

THE MILK LUNCH

A short time before recess the next day, Donald and another big boy stood in the doorway. Donald had his notebook in his hand.

"Good morning, Miss Joy. Good morning, children," said Donald smiling. "I got your order for the milk and there is a bottle for every child here. We will leave them out in the hall where it is cooler."

"Thank you, Donald. I hope you counted me in, for I ordered milk, too," said Miss Joy.

"Yes, there is a bottle for you. I hope the children have all brought their money."

Miss Joy turned to the children.

"Did you all bring your money?"

"I did," said Alice.

"I did," said Peter.

John held up a quarter, and so did Nancy and many of the other children.

Donald opened his notebook. In this book he had the name of each child.

"Once a week when you pay, I shall write it down in my book."

The children had a good time getting ready for their milk lunch. It was just like a party.

They took turns at the white washbowl washing their hands.

Nancy and Alice went to the closet and brought out some pretty paper plates. The children had made them the day before, when they first heard about the lunch.

The little paper plates had colored drawings on them. Everyone tried to make a plate like mother's china at home.



Each child used his own plate for his crackers.

Martha and Eleanor passed a pretty paper napkin to each child.

Two of the boys, Philip and Peter, brought in the bottles of milk. The top of each bottle had been washed in clean water.

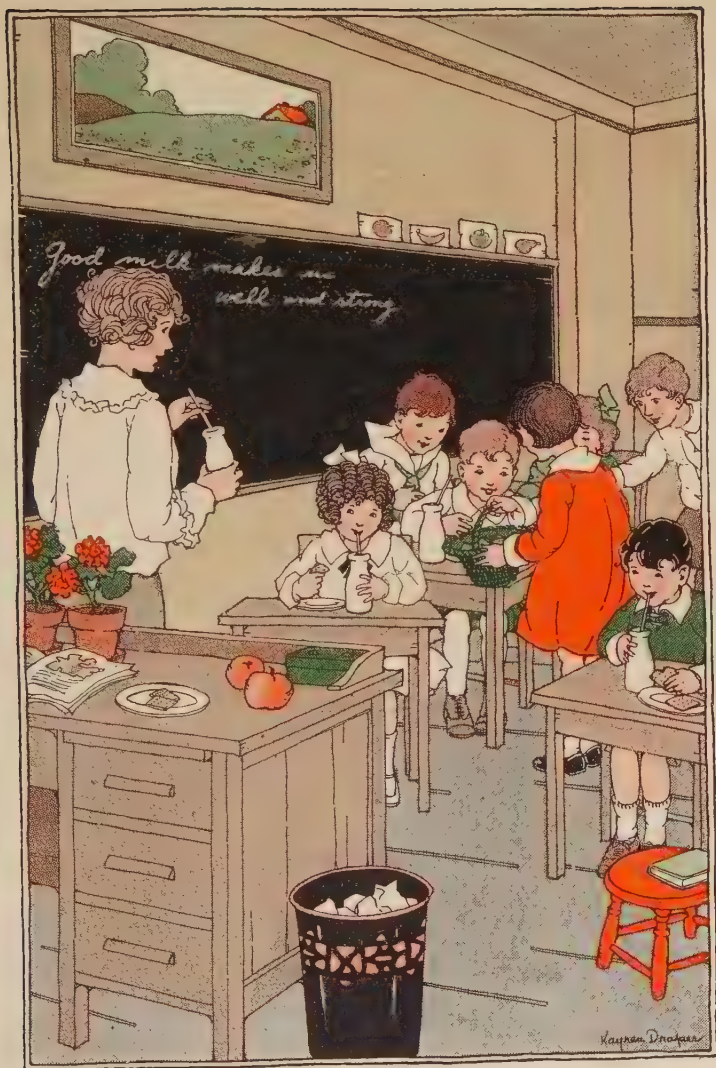
Mary passed around the straws, and Alice carried the crackers in a basket.

"This is like a real party," said Maud. "The crackers look good. I am hungry."

"I asked my mother whether this was eating between meals," said Nancy.

"What did she say?" asked Peter.

"She said we could call this another meal, and then she laughed."



"The crackers are good," said John. "How crisp they are!"

"It's fun to drink milk through a straw," said Mary. "I never did it before."

"Miss Joy likes her milk too," said John.

Miss Joy was eating the last of her cracker. Soon she turned to the children.

"Who will help us now," she asked, "to get ready for recess?"

"I will take care of the plates and napkins," said Maud.

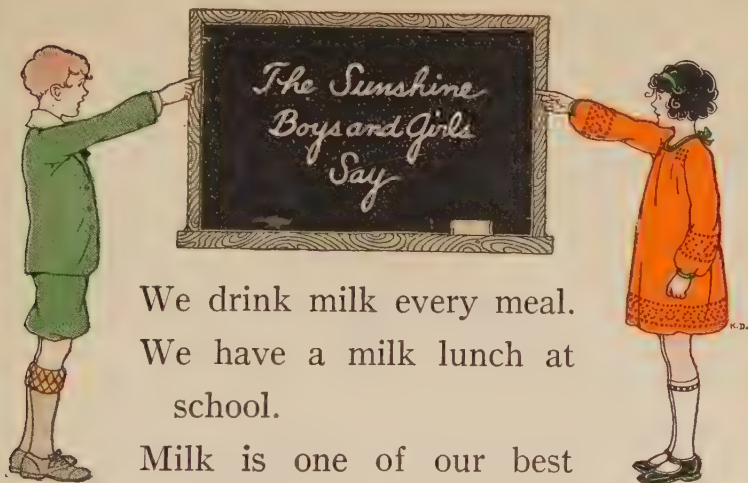
Ralph and Ted wanted to collect the bottles.

"What helpful children!" said Miss Joy. "Some day we may visit the farm where this good milk comes from."

"Where does it come from?" asked Tom.

"Our milk comes from Ferndale Farm, where Polly's Uncle Will lives. It is only a few miles away.

"Now let us have our recess."



We drink milk every meal.

We have a milk lunch at school.

Milk is one of our best friends.

No tea or coffee for us.

Yes or No?

1. Did someone come into the room?
2. Was it a girl?
3. Was it a milkman?
4. Do milk and crackers cost twenty-five cents each week?
5. Do the Sunshine boys and girls drink much milk?
6. Does Miss Joy drink milk?

7. Did all the children in Miss Joy's room take a bottle of milk?

8. Did the children forget to bring their money?

9. Did the children buy plates?

10. Did they wash their hands before eating?

11. Did the plates have pictures of cows on them?

12. Did Mary pass the straws?

13. Were there crackers for lunch?

14. Were the children helpful?

15. Did Ralph take care of the plates and napkins?

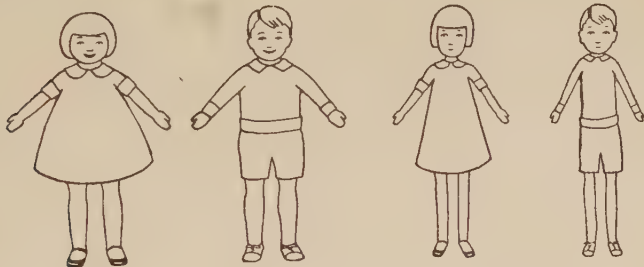
16. Do you drink four glasses of milk every day?

17. Do you eat creamed potatoes?

18. Do you drink coffee?

Try This. It's Fun

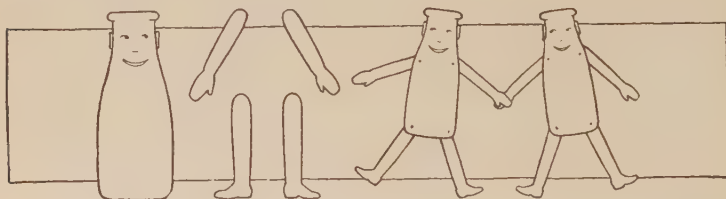
1. Make some healthy looking boy and girl dolls out of paper. Make some, too, who are very thin and unhealthy looking.



2. Make a big policeman with a heavy club.



3. Draw some milk bottles on heavy white paper. Draw eyes, ears, nose, and mouth. Cut out the bottle. Make some arms and legs. Fasten them to the milk bottle with little fasteners.



4. In the same way make a coffeepot with an ugly face. Make a teapot with an ugly face.



5. Use the top of a box or desk for a stage. Have a play. A child will handle each doll and talk for it. What will you have the coffeepot and teapot say? What will the milk bottle say? What will you have the healthy and the unhealthy dolls say? What will the policeman do with his club? What will he do with the teapot and coffeepot?

VI

A VISIT TO FERNDAL FARM

A LETTER FROM UNCLE WILL

One morning, just before school began, Polly put something white on Miss Joy's desk. It was a letter.

"Thank you, Polly. Is it from your mother?" asked Miss Joy.

Polly shook her head. "No, it's a letter from my Uncle Will."

Miss Joy read her letter. She looked very much pleased.

"I shall read it to all the children," she said.

After the morning song, Miss Joy said, "I have a letter from Polly's uncle. He wants us all to visit his farm. Should you like to hear what he wrote?"

"Yes, please read it."

Dear Miss Joy,

Polly wants to visit Ferndale Farm. She would like to have you see the place where the milk comes from. I should be glad to have you and all the children come. May we expect you next Thursday afternoon?

Yours truly,
William Green.

"Uncle Will has a great many cows," said Polly.

"I love the country," said Peter.

"Should you like to go?" asked Miss Joy.

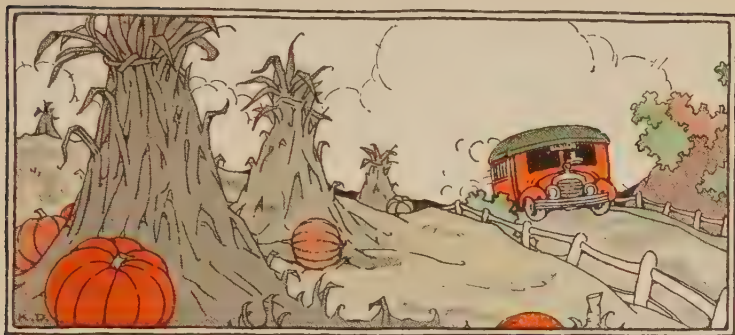
"Yes," shouted all the children.

Miss Joy and the children wrote their letter to Mr. Green:

Dear Mr. Green,

Thank you very much for your letter. We shall be happy to visit you next Thursday afternoon.

Alice Joy and
the Children of Polly's Room.



ON THE WAY TO FERNDALE FARM

Thursday afternoon was very pleasant.

After lunch the children ran down to the street to wait for the bus. Everyone was glad to go to Ferndale Farm.

The big yellow bus came at last. The children climbed in and found their places. Soon they were on their way.

How beautiful the country was! The sky was blue. The trees were brown and gold. Yellow pumpkins were in the cornfields. Sheep were feeding in the meadow.

"There is Ferndale Farm!" cried Polly.

The bus turned through a wide gate. At last it came to a big white farmhouse.

On the piazza a man was waving his hand to them.

"There is Uncle Will," said Polly. "He is waiting for us, and there is Aunt Jane."

"Aunt Jane, this is my teacher, Miss Joy," said Polly. "And, Miss Joy, this is my Uncle Will."

Uncle Will and Aunt Jane shook hands with the children. Soon they all felt like good friends.

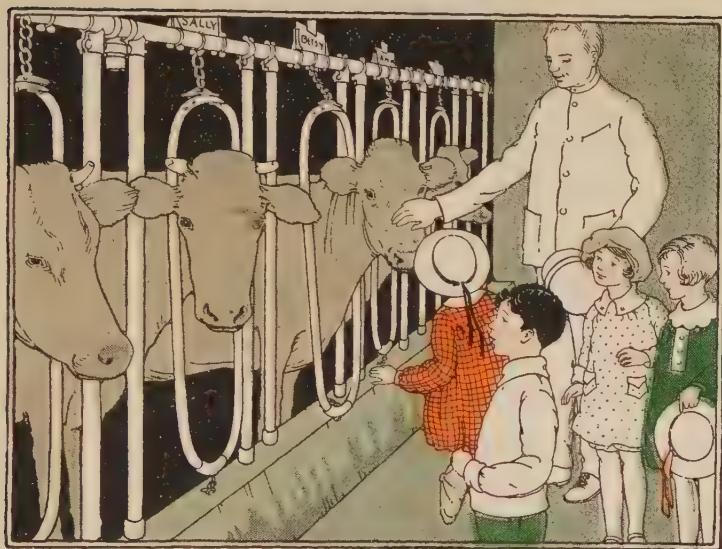
MILKING TIME

Some of the children had been on a farm before. No one had ever seen a cleaner farm than Uncle Will's.

First they visited the cow barn.

"Oh, see all the cows. Do they all have names?"

"Yes," smiled Uncle Will. "This is Betsy." He patted her gently. Betsy looked around, chewing her cud.



"And this is Sally."

"Why, that is my name," said Sally.

"Do you have any cows by the name of Ann?"
asked Ann.

"Yes, we have two. One is called Ann Black
and the other's name is Ann White.

"We are careful to keep our cows healthy. A
doctor who knows a great deal about cows looks
them over often.

"We sell only clean milk from healthy cows.

"It is time to milk now. I will show you how we do it. We have to be very clean about everything.

"First of all I put on my white clothes."

Uncle Will left them for a little while.

While he was gone they looked around the barn. How clean and white it was! The cows looked as if they did not have a speck of dirt on them.

Soon Uncle Will came back.

"I have just washed my hands with hot water and soap," he said. "The careful milker always does that."

Betsy was the first cow to be milked. Slowly the pail was filled.

There were other milkers besides Uncle Will. The children watched them all.

When Uncle Will's pail was nearly full, he carried it to a room in another part of the barn.

"We pasteurize our milk to help keep you children well," said Uncle Will.

"What does that mean?" asked Tom.

"I will tell you about it," said Uncle Will, "and show you the room where it is done."

"Here the milk is cooled as fast as it is milked. Then as soon as we have all the milk of that milking it is heated quite hot. The milk is kept hot for thirty minutes. Then it is quickly cooled, put into bottles, and iced. Heating the milk helps to keep us well."

"This is such a clean place that the milk must be very good for children," said Miss Joy.

"It must be good milk," said Uncle Will, "for all these children here look as if they were growing."

"We are," said Peter. "We all like the Ferndale milk."

"Thank you," said Uncle Will, smiling.

"Miss Joy, will you and the children have a

little lunch with Aunt Jane and me under the trees?"

"Yes, Mr. Green, thank you."

LUNCH AND GOOD-BY

The country air had made the children very hungry.

They were glad to see the plates piled high with sandwiches.

The boys helped Uncle Will to bring in the baskets of red apples.

The girls helped in passing the sandwiches.

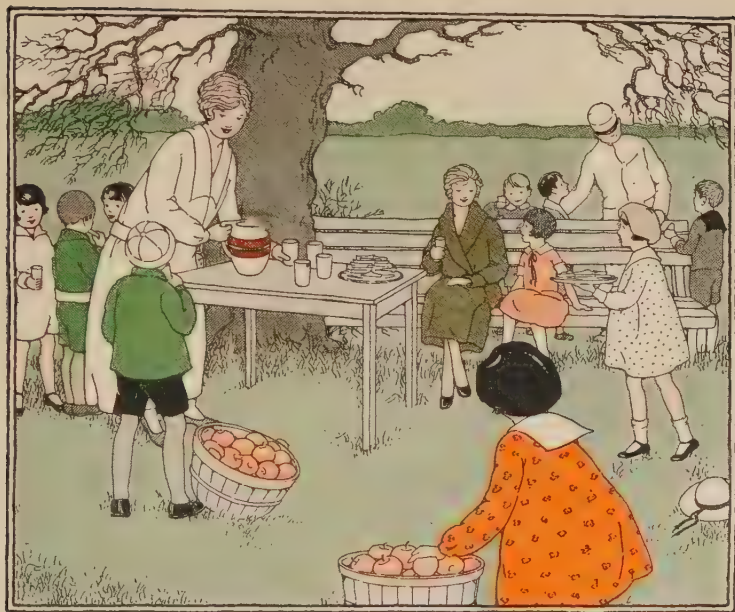
Aunt Jane poured out big glasses of cool milk.

"Have all the milk you want, children," she said.

The sun was beginning to go down behind the hill. It was time to go home.

The children all shook hands with Uncle Will and Aunt Jane.

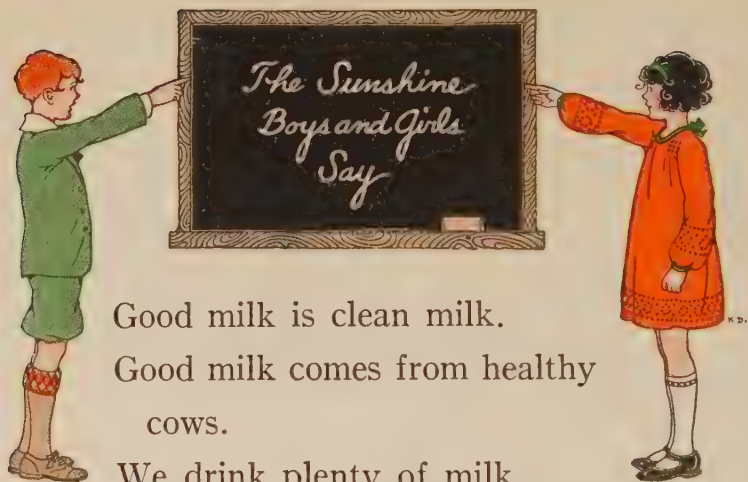
"We have had a lovely time," cried Miss Joy



and the children. "We thank you for showing us the farm. We thank you for our lunch. We shall think of you every time we drink Ferndale milk."

"Good-by, good-by."

"Good-by, Miss Joy. Good-by, children. Come again sometime."



*Put these words in order, and find the one that
 does not fit in well with the others*

1. boys, milk, of, coffee, girls, drink, and, Sunshine,
 plenty
2. also, of, tea, Miss Joy, plenty, milk, drinks
3. visit, asked, city, country, uncle, them, Polly's,
 the, to
4. wrote, The, letter, children, a, Aunt Jane, Uncle Will
5. country, rainy, It, in, day, a beautiful, was, the

6. the cornfields, green, were, yellow, in, pumpkins,
The

7. clean, dirty, very, Uncle Will's, was, farm

8. black, milkmen, wear, The, white, clothes

9. was, clean, untidy, kept, cow barn, The

10. healthy, unhealthy, were, cows, Uncle Will's

11. kept, clean, not, were, bottles, The

12. breakfast, Aunt Jane, Uncle Will, lunch, with, and
had, children, The

13. made, The, tired, country, children, air, hungry,
the, very

14. apples, children, cucumbers, The, plenty, had, of

15. party, Everybody, at, coffee, the, milk, drank

16. grow, makes, tea, children, Milk

Try This. It's Fun

1. Visit a dairy farm. Maybe your father or your teacher will take you. Tell the other children about your visit.

2. Ask your teacher to write to the National Dairy Council, Chicago, for pictures and stories about milk.

VII

IT'S TIME TO PLAY

RECESS BEGINS

It was just before recess.

The sun was streaming in through the windows. The canary was singing in his cage. The world was beautiful. It called to the children in the Sunshine School to come out to play.

"We shall have a good time out of doors," said Miss Joy. "It is one of the most beautiful days we have had since school began."

"You are always glad to go out, Miss Joy," said Mary.

"Oh, yes. I need fresh air and sunshine, too."

"Good," said the children. "We like to have you play with us."

Soon all the children were out in the sunshine.



THE PLAYGROUND

What a lovely place that playground was!

There was a great pile of sand under one of the trees.

Some of the children ran to the sandpile. Soon they were sifting sand, digging holes, and making caves.

Not far away there was a slide. Several of the children ran to the slide with loud shouts. Soon they were climbing the ladder and sliding down. What fun it was!



And there were swings. Martha and William and Mary were the first to get to them. What a race they had across the field!

"Wouldn't it be fun to play a game?" said Nancy.

"What shall we play?" asked Lois.

"I don't know. Let us ask Miss Joy. She might teach us a new one."

"Miss Joy?"

"Yes, Nancy."

"Will you teach us a new game?"

"Have you ever played 'The Mulberry Bush?'"

"Yes, I think we have, but it was a long time ago. I have forgotten it."

"Yes, do teach us, for I have forgotten it too, Miss Joy," said Lois. "I remember that it was fun. May we play it now?"

"All right. First we form a circle," said Miss Joy.

The children and Miss Joy took hold of hands and began to dance around singing:

"Here we go round the mulberry bush,
The mulberry bush, the mulberry bush,
Here we go round the mulberry bush,
So early in the morning!"

Miss Joy told them carefully just what to do.

"In each of the other stanzas we will act out the words. The second stanza tells about washing our clothes. We shall stand still and act as if we were washing until we get to 'so early in the morning.' Then we shall dance around again."

Then they sang the second stanza, washing hard to get the clothes very clean :

“This is the way we wash our clothes,
We wash our clothes, we wash our clothes,
This is the way we wash our clothes,
So early Monday morning.”

“This is fun,” said Nancy. “Let us pretend to hang them out. Now what shall we do on Tuesday morning?”

“Guess.”

“Iron our clothes.”

“A good guess, Nancy,” said Miss Joy.

The other stanzas that they played were:

“This is the way we iron our clothes,
We iron our clothes, we iron our clothes,
This is the way we iron our clothes,
So early Tuesday morning.

“This is the way we scrub the floor,
We scrub the floor, we scrub the floor,
This is the way we scrub the floor,
So early Wednesday morning.



Kayne Draper

"This is the way we mend our clothes,
We mend our clothes, we mend our clothes,
This is the way we mend our clothes,
So early Thursday morning.

"This is the way we sweep the house,
We sweep the house, we sweep the house,
This is the way we sweep the house,
So early Friday morning.

"Thus we play when our work is done,
Our work is done, our work is done,
Thus we play when our work is done,
So early Saturday morning."

THE BELL RINGS

Ting-a-ling. Ting-a-ling.

It was the bell. Recess was nearly over.

Her children all gathered around Miss Joy.

"Have you had a good time?" asked Miss Joy.

"Yes, we have had great fun," the children cried.

"I made a bridge in the sand," said Ted.

"I climbed the slide faster than anyone else," said John.

Three of the girls said, "We were swinging like birds flying."

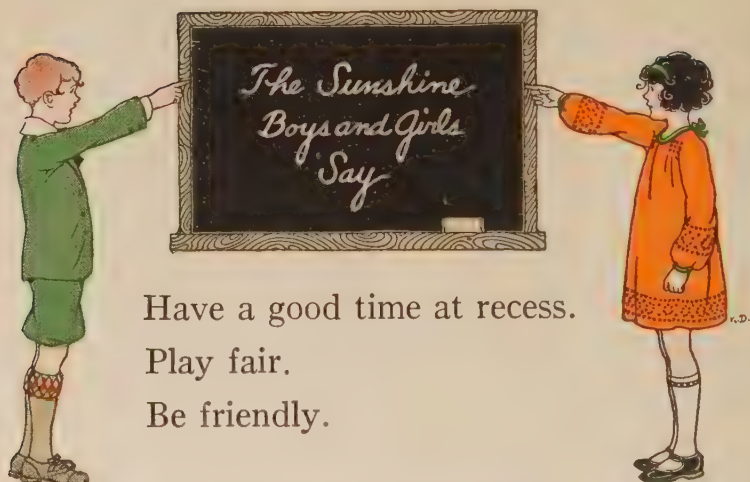
Others added, "We played bean-bag and we didn't miss once."

Miss Joy and the children had just a minute for rest before they went back to their work.

DOING THINGS RIGHT

"I liked the way you played at recess today," said Miss Joy. "It makes me think of a little poem I want you to know. Let us learn it now.

"Work while you work.
Play while you play.
That is the way
To be happy and gay.
All that you do,
Do with your might.
Things done by halves
Are never done right."



Which will you choose?

- | | |
|------------------------|---------------------|
| 1. I play | 2. I like best |
| in the street | tag |
| on the stairs | running |
| on the playground | games |
| 3. "The Mulberry Bush" | 4. At recess I |
| tells about | run into the street |
| drinking water | play games |
| washing the clothes | study |

Try This. It's Fun

1. Ask your teacher to teach you a new game.
2. Be sure to say the poem at home tonight.

VIII

SLEEP MAKES CHILDREN HAPPY

WHY PETER WAS DROWSY

One afternoon the children at their seats were busy with their work.

But Peter was not busy. His head was bent forward. His eyes were very heavy. He was so sleepy that his book began to slide out of his hands. Then it fell to the floor making a big noise.

Peter awoke with a start. The children around him began to smile. Some of them even laughed aloud. Miss Joy looked up quickly.

She saw Peter picking up his book. He looked very much ashamed. The other children in the room were all looking at him.

"What is the matter, Peter?" asked Miss Joy.
"Did you hurt yourself?"

"No, Miss Joy. My book fell out of my hands. I am sorry."

"Did you hurt your book? How did it happen, Peter?"

Peter did not answer at once. His head bent lower.

"I think I was sleepy."

Miss Joy looked surprised.

"Sleepy? And so early in the day? What time did you get to bed, Peter?"

"It was about nine o'clock."

"I can't understand that, Peter."

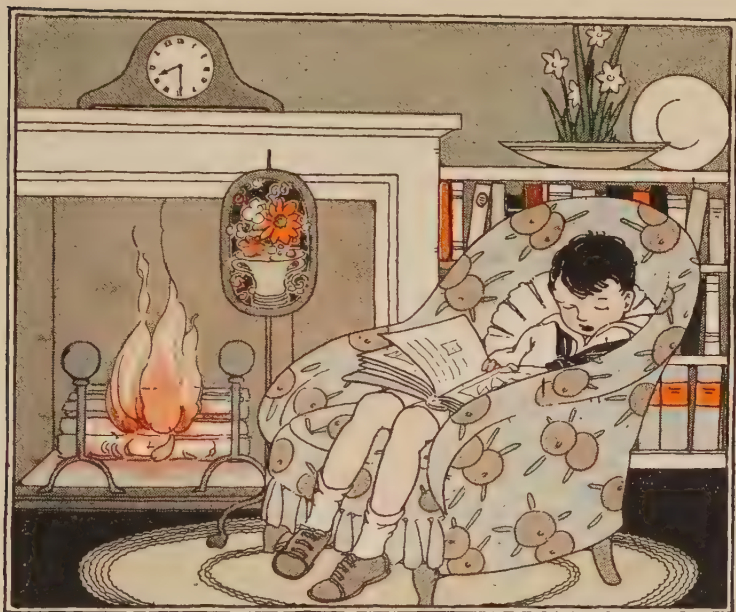
"We had company."

"Was it your company?"

"No, they were friends of father and mother."

"It would have been very brave if you had said, 'Please excuse me. It is my bed time.' All the children in our room try hard to go to bed at seven o'clock."

"Yes, Miss Joy. Mother asked me to go to bed,



but I just wanted to stay up. It was hard to go to bed when there were so many people around.”

“I know that many things are hard,” said Miss Joy. “I know, too, that you boys and girls can do hard things. You know how. Did any other children find it hard to go to bed on time last night?”

Three children stood up quickly.

“Charles, what made you late?”

"I played too long while I was undressing. I was having a good time and I forgot."

"And, Anna, you were late, too?"

"Yes, I took a bath."

"That is a good plan, but maybe you didn't begin it early enough. Fred, were you late? I am surprised. We always count on you."

"Yes, mother was away, and I didn't look at the clock."

"The clock is a good friend, Fred. It tells us when to go to bed. Sleeping time is growing time."

SLEEPING TIME IS GROWING TIME

"Why do we need to go to bed so early?" asked Peter. "Father and mother go to bed late."

"That is a good question, Peter. Can anybody here answer it?"

"I know, Miss Joy," said Mary. "Sleep helps us to grow. If we play too long without rest and sleep we cannot gain in weight. Our fathers and

mothers do not need so much sleep. They don't need to grow."

"It is hard to get our lessons if we do not have enough sleep," said Sally.

"When you feel tired and sleepy it isn't so much fun to play," said John.

"I know another thing," added Miss Joy. "I don't feel nearly so happy when I need sleep."

"It would help our mothers if we tried to get to bed early," said Mary.

"What you say about sleep makes me think of a little poem I read the other day," said Miss Joy.

"I will say it to you:

"Go to bed early—waken with joy;
Go to bed late—cross girl or boy,
Go to bed early—ready for play,
Go to bed late—moping all day.
Go to bed early—no pains or ills;
Go to bed late—doctors and pills.
Go to bed early—grow strong and tall,
Go to bed late—stay very small."



"How much sleep do we need, Miss Joy?" asked Fred.

"Our school doctor says that children in our grade need twelve hours of sleep. That means that we all ought to be in bed by seven o'clock. Shall we try harder, starting tonight?"

"Yes," shouted the children. "We'll know that you are thinking about us at seven o'clock and that will help us to get to bed."

AT BED TIME

"I like to go to bed," said Sally. "Mother always tells me a story, or reads something from a book."

"I like the dark," said John. "Sometimes I can see the moon. Nearly every night in the winter I can see the stars."

"I am glad when the clock says it is time to go to bed. Mother always has something beautiful to tell me," said Alice. "Last night she sang me a song. May I say the words of the song to you now?"

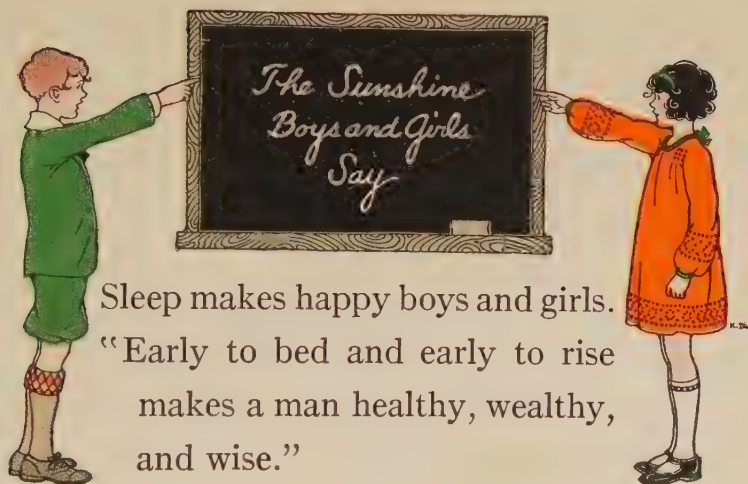
"We should like to hear them, Alice," said Miss Joy.

Alice said the poem in a low sleepy voice:

"The evening is coming,
The sun sinks to rest,
The crows are all flying home to the nest.
'Caw,' says the crow as he flies overhead,
'It is time little people were going to bed.'

"The flowers are closing,
The daisy's asleep,
The primrose is buried in slumber so deep,
Closed for the night are the roses so red,
It is time little people were going to bed.

"The butterfly, drowsy,
Has folded its wing,
The bees are returning, no more the birds sing.
Their labor is over, their nestlings are fed,
It is time little people were going to bed.
Good-night, little people,
Good-night and good-night,
Sweet dreams to your eyelids till dawning of light,
The evening has come, there's no more to be said,
It is time little people were going to bed."



Find the Right Word for Each Space

Words: asleep, supper, ready, good night, undress, moon, wash, trees, hands, air, bed, story, bottom, clean, top, windows, prayers, song, mother, sings, tucks, twinkling, sleep.

1. After — we begin to get — for bed.
2. We —. We — our face and —. We — our teeth.
3. Then we go to —.
4. Mother tells us a happy —.
5. Then we say our —.

6. We thank God for —— and rest. Sometimes mother —— us a ——.

7. Mother always —— us in.

8. Then she opens the —— wide at the —— and ——.

9. It is nice to breathe the cool fresh ——.

10. Often we see the stars ——.

11. Sometimes we see the big round —— above the ——.

12. Mother next whispers —— ——.

13. Soon we are fast ——.

Try This. It's Fun

1. Think of lovely things to say about the dark.

2. Learn a good-night song.

3. Make a scrapbook of bed-time pictures.

IX

AS MISS JOY SAW THEM

WHAT THE LOOKING-GLASS TOLD

Early one morning Miss Joy was waiting for her children.

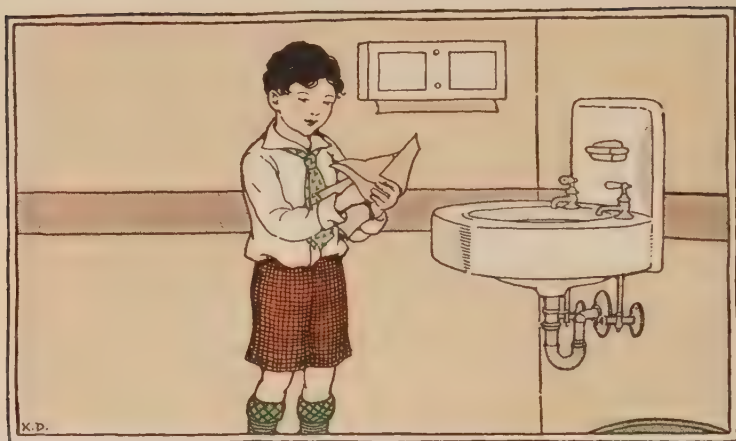
One by one the boys and girls came in.

Peter was the first. He stopped in front of the looking-glass. He must have been pleased for he smiled, and then he smiled again. Yes, Peter did have beautiful teeth. He kept them clean too.

John came next. He looked into the glass, but he frowned. Something did not please him. When he turned around Miss Joy thought she knew why he frowned. He had a dirty face and he looked ashamed.

She watched to see what he would do next.

John went to the coatroom to hang up his hat.



Then Miss Joy saw him go over to the wash-bowl. He was washing his hands and face. Then he dried them on a paper towel. How his face shone!

What stories the looking-glass told!

Some of the children laughed when they saw their faces in the glass. Some of them hurried by. A few of the children turned their faces away so that they could not see themselves.

If the looking-glass could have talked, what stories it could have told!

WHAT MISS JOY SAW

It was time for school to begin.

After they had their morning song, Miss Joy often told the children a story.

This morning they did not have a story.

Miss Joy was thinking.

The children waited.

"Children," said Miss Joy, "I saw some of you smile at the looking-glass as you came in this morning. Perhaps it was because you had such clean hands and faces. I want to see you smile again. Will the boys and girls who are proud of the looks of their hands come and show them to me?"

John came first. He held out both hands for Miss Joy to see.

"Oh, John, what wonderful hands! How white and clean they look! How well you cleaned your finger nails! And how your face shines! Your mother would be very proud of you."



John walked away looking very happy.

Sarah stepped up to Miss Joy's desk next.

"Oh, Sarah," said Miss Joy, "what lovely hands you have! They are like beautiful flowers. How nicely your finger nails are filed! I know you never bite your finger nails now."

Marjory next showed her hands to Miss Joy.

"How proud I am of such nice clean hands!"

said Miss Joy. "Clean hands are ready to begin the work of the day. They are ready to hold books and to write and to draw on clean paper."

A few more children went up to Miss Joy's desk. Many of the children looked at their hands and then seemed to be ashamed. They put them quickly under the table.

"Let me see," said Miss Joy. "There are ten of us who are proud to show our hands."

She went to the blackboard and wrote, "Ten children in our room have very clean hands."

"There are thirty children in this room," she said. "Wouldn't it be fine if some day I could write on the blackboard: 'Every child in our room this morning is proud to have clean hands!'"

"I will try hard tomorrow," said Ralph.

"So will I," added Nancy.

The next morning there were fifteen who were proud of their clean hands.



At last one morning thirty children in that room showed their clean hands to Miss Joy.

How happy Miss Joy looked!

Every child's face smiled like a full moon.

Miss Joy wrote on the blackboard:

*This is a banner day.
Every child is proud of his hands.*

LOOK AT MY TABLE

Another day Miss Joy asked: "How do your tables look, children? Are you good housekeepers?"

Each child looked inside his table drawer.

"Are they good enough to show me?" asked Miss Joy.

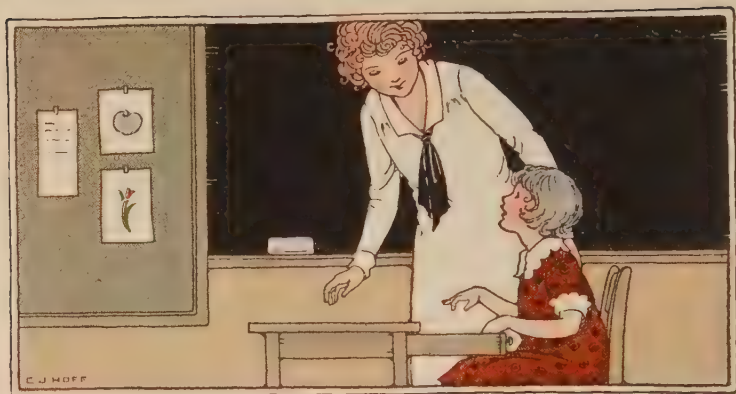
Only one child wanted Miss Joy to look.

Charlotte said: "I think my drawer looks nice, Miss Joy. Come and look at it, please."

Miss Joy did look at Charlotte's drawer. How neat it was! The books were piled up nicely. The pencils and papers were all in order.

"Oh, Charlotte, what a fine housekeeper you are!" said Miss Joy. "I hope there are other tables that I may look at." But the other children begged her to wait.

"Tomorrow my table drawer will be all right," said Silas.



"Mine will be, too," added Nancy. "It is full. I must throw some papers away."

Just before school let out the next day Miss Joy asked, "How many of us are good house-keepers today?"

Every child was looking Miss Joy straight in the eyes.

It was a wonderful trip Miss Joy took, for every drawer was clean and orderly.

"Wouldn't it be nice if they could be like this every day?" asked Miss Joy. "Can you keep them in order?"

"Yes, we can keep them in order," cried the children.

"We shall take a little time for it every day," said Miss Joy. "That will help us."

WHAT A SLEEPY SCHOOL!

One day James was reading a story. His eyes looked heavy. He forgot what he was reading.

Mary's face was hot and red, and Esther fanned herself with a sheet of paper.

Even Miss Joy seemed tired. What a sleepy school it was.

"Nancy, are you reading as well as you can?" asked Miss Joy.

"No, it is too warm here, Miss Joy."

"Yes, it does seem hot. I thought Harry looked after the thermometer. Harry, what does the thermometer say now?"

Harry slowly opened his eyes wide.

"I will look, Miss Joy."



He walked over to the thermometer.

"It is 78 degrees, Miss Joy. No wonder we feel sleepy and tired."

"Mr. Powers wants to know when it is too hot. Will you go up to the office and tell him how hot it is?"

"Yes, Miss Joy."

The principal came back with Harry. He went over at once to look at the thermometer.

"My, it is hot!" he said. He opened all the windows to let in the cool air.

"We can have a little exercise while the room is cooling off," said Miss Joy.

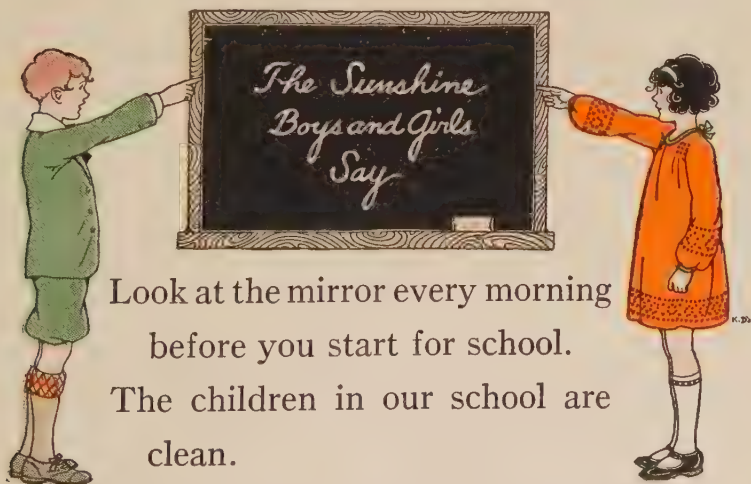
The children and Miss Joy played games until the room was cool and pleasant again.

"Thank you, Harry, for telling me about the heat. Nobody can work well in a hot room. We found that out this morning," said Miss Joy.

Mr. Powers smiled and asked, "Do you children know how hot it should be?"

"We work best at about 68 degrees," said Harry.

"That is right," said Mr. Powers. "I'll tell the janitor about it. He will make it right."



Look at the mirror every morning
before you start for school.

The children in our school are
clean.

Watch the thermometer at home.
Keep cool and comfortable.

Guess

- | | |
|---|---|
| 1. It may be square.
It may be round.
It tells a story.
It smiles when you smile.
It may or may not please
you.
It should be hung low. | 2. There are two of them.
They may get into mis-
chief.
They may do good deeds.
They may be dirty.
They should be washed
before meals. |
| 3. It is made of glass.
It tells you when it is too
hot or too cold.
It is needed in every
schoolroom.
It sometimes tells a bad
story.
It needs to be watched. | 4. Every pupil has one.
Some children take good
care of it.
It may be neat.
It may be in disorder.
It needs to be put in
order every day. |

Try This. It's Fun

1. Once there was a looking-glass hanging in a school-room. It saw many things. It told many stories. Make believe that you are a looking-glass. Tell a story.

2. Take turns every day in looking at the thermometer.

3. Keep a record of what the thermometer says.



X

TEETH LIKE PEARLS

The children in Miss Joy's room always liked the mornings when Dr. Rich came. They liked him. He was a jolly man. He was always glad to see them.

"Good morning, children," he said with a smile as he came into the room. "I wonder how many happy children there are here this morning.

"What fine-looking children! What rosy

cheeks, what bright eyes they have! How well they stand! You must be proud of them, Miss Joy."

"I am," said Miss Joy. "You always help us when you come. I wonder what you will do for us this morning."

"I want to look at the children's teeth."

"We have been talking about teeth, Dr. Rich. I am glad you want to see them."

Miss Joy pointed to the words on the black-board:

Teeth like pearls

Underneath, Dr. Rich read:

Tom has a new six-year molar.

Mary has very clean teeth.

John uses his tooth paste every day.

Martha's teeth are bright and shining.

Jane has had three teeth filled.

"Every week," said Miss Joy, "we write pleasant things like these about the children on the

blackboard. Each week we put on some new names. Perhaps you can find some new things for us to write today."

"I am sure I can," said Dr. Rich. "Suppose we begin with Nancy. How white and clean your teeth look, Nancy! Do you clean them every day?"

"Yes, Dr. Rich. I brush them at least twice every day. I brush them in the morning as soon as I get up and again before I go to bed."

"Good, Nancy. Those are the best times to brush them."

"I try to brush them after each meal, but I can't always remember."

Dr. Rich looked pleased.

"I wonder if every child in this room is taking such good care of his teeth as Nancy is."

Dr. Rich looked at Jane's teeth next.

"I have just been to see the dentist," she said.



"Tell me all about it, Jane."

"One night I woke up in the middle of the night. I had such a bad toothache it made me cry. Mother woke up and helped stop the pain.

"The next day I went to the dentist. He filled three teeth, and they are all right now."

"What is it, Peter?" asked Dr. Rich.

"Our dentist sends us an invitation to visit

him. I have mine in my pocket." Peter pulled a card from his pocket. He read,

Dear Peter,

It is six months since you came in to see me. It is time you came in again if you wish to have good teeth.

"I have just been in to see him," added Peter.

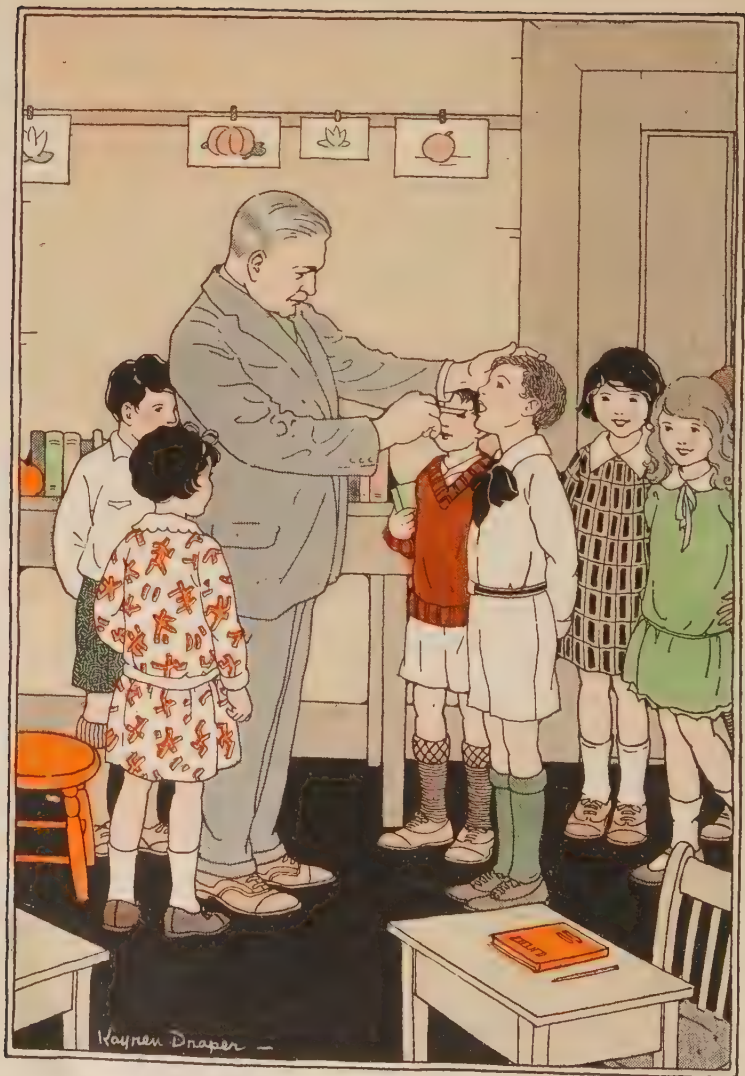
Harry came next.

"Be careful, Harry," said Dr. Rich. "One of your six-year molars is decayed. It is one of the first teeth of the second set. If you should lose that you would never get another one there.

"We will send father a card telling him about it. I know he will be glad to take you to the dentist."

He wrote something on a white card and gave it to Harry to take home to his father.

"Oh, Alice, what fine-looking teeth you have! What do you do for them?"



Rayner Draper -

"I eat hard crusts," said Alice. "I eat green vegetables and drink milk. I eat candy only after meals."

"You know I am glad to hear that," said Dr. Rich. "How do you clean your teeth?"

"I brush them so that the bristles come between the teeth," said Alice. "I never pull the brush across the teeth. I brush every tooth inside and outside and on the places where I chew. My dentist taught me how."

"That is just the right way," said Dr. Rich.

Before Dr. Rich left, every child had proudly shown his teeth. The doctor was pleased, but said that some of the children needed to clean their teeth better, and some should go to the dentist.

"I do not know when I have seen so many children with such beautiful teeth," he said.

The children smiled.

"See," added Miss Joy, "their teeth look like pearls. We keep a record. Often every child

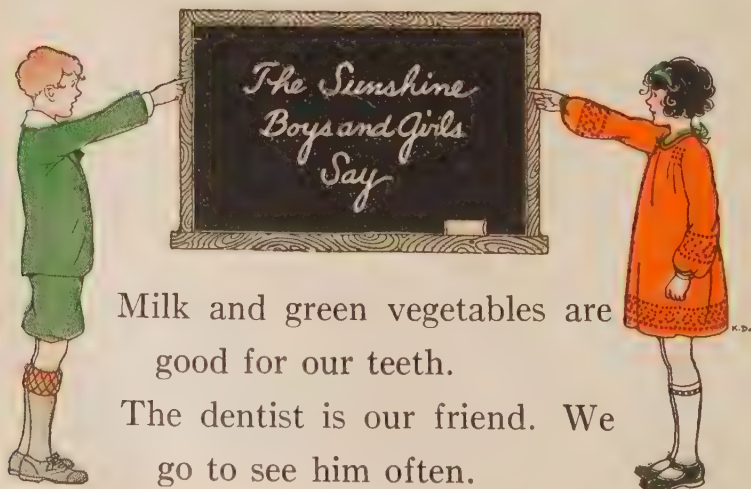
has a star because he has cleaned his teeth that day. We are hoping for a perfect record this month."

"That will be easy," he said. "I will come around at the end of the month to see your chart."

The children clapped their hands.

"Good-by," they shouted. "Come again. We'll have a perfect chart ready for you."

And they did.



Guess

- | | |
|-------------------------|----------------------------|
| 1. What are they? | 2. What is it? |
| You have about twenty. | It has a handle. |
| Maybe you are beginning | It is often white. |
| to lose them. | It has bristles. |
| They should be clean. | Every child should have |
| They need to be brushed | one of his own. |
| at least twice a day. | |
| 3. Who is he? | 4. What is it? |
| A man who knows about | A good food for the teeth. |
| the teeth. | It is not a plant. |
| He is dressed in white | It is not fish. |
| when you see him. | You need a quart every |
| He helps to keep your | day. |
| teeth from aching. | |
| He helps to keep your | |
| teeth clean. | |

Try This. It's Fun

1. Make some rhymes that will remind other children to keep their teeth bright and shining.
2. Mark the date on the calendar when you should visit the dentist next time.
3. Make a scrapbook of pictures about the teeth.

XI

A THANKSGIVING FEAST

THE FIRST THANKSGIVING

It was story time.

"What kind of story should you like this morning?" asked Miss Joy.

"It is almost Thanksgiving, Miss Joy," said Tommy. "May we have a story about the first Thanksgiving?"

"I was just thinking about that, Tommy. It is a story I like to tell. I am glad you have asked for it.

"Many years ago America was a very wild country.

"There were no cities, no towns, no white men.

"Only Indians lived in the forests. They raised corn. They also fished and hunted.

"In England and Holland there were some brave men and women called Pilgrims. They wanted to find homes in the New World.

"One day they sailed away in the Mayflower.

"It was a long, long sail.

"The wind blew hard. The waves beat over the ship.

"At last they saw land. How happy they were!

"They left the ship and went to the land.

"First they looked for some fresh water.

"They liked the New World and they began to build houses.

"Some Indians came to see them.

"The Pilgrims asked them to come again and be friends.

"The new town the Pilgrims built was called 'Plymouth.'

"It was winter, and many of the Pilgrims became ill.



"It was very cold, and they did not have enough to eat.

"They were very happy to have spring come.

"It was good to have the sun shine and to see the green leaves.

"The Pilgrims began to plow and to plant corn and other seeds.

"The summer was a happy time. They caught fish. They dug clams. They shot wild game. Their crops grew.

"In the fall there was a fine harvest.



"The Pilgrims were so happy that they said they would have a feast.

"Everybody went to the feast.

"They asked some of the Indians to come, too.

"It was a wonderful feast. They had fruit and vegetables and wild turkey and venison.

"They felt so thankful for all the good things they had that they bowed their heads. They thanked God for health and happiness.

"It was the first Thanksgiving in America.

"Ever since that time we have had Thanksgiving Day."

SOMETHING TO BE THANKFUL FOR

"Wasn't it good of the Pilgrims to invite the Indians to the feast?" asked Tommy.

"Yes," said Alice. "The Pilgrims had so much to be thankful for that they wanted everybody else to be happy."

"Do you know what we have to be thankful for?" asked Miss Joy.

Henry was thankful because he was going to grandpa's.

Alice was thankful because they were going to have turkey for Thanksgiving dinner.

James was happy because he was strong and well. Last Thanksgiving he was sick.

Every child in Miss Joy's room was thankful for something.

"How much we have to be thankful for!" said Miss Joy.

"I wish we could make somebody very happy on Thanksgiving," Mary said. "The Pilgrims asked the Indians to their feast. We have no Indians to invite."

"My father knows about a new family in town," said James. "The children are small and the mother has been sick. The father finds it hard to earn enough money to buy food."

"Let us send them a basket of good things to eat," said Nancy. "I can bring some oranges."

"I can bring some grape juice," added Mary.

Miss Joy smiled and said: "I know everyone can bring something. We will send the basket the day before Thanksgiving."

THE THANKSGIVING BASKET

Everyone brought something for the Thanksgiving basket.

Polly brought a big bunch of celery.

Nancy brought six oranges.

Mary did not forget the grape juice.

James came with a bag of rosy-cheeked apples. "I picked them from our tree," he said.

Harry brought a bottle of cream. He thought it would taste good on the apples if they were baked.

Anna brought a jar of jelly. "I helped to make



it last summer," she said. "I picked the blackberries for mother."

Many other children brought Thanksgiving vegetables.

Miss Joy baked a chicken for the basket.

The gifts were banked on the platform in the hall. It looked like a harvest party.

All the boys and girls in the Sunshine School were in that hall.

Miss Joy's children sat near the front.

How pretty the platform looked!

There was a big American flag.

Some of the children sang songs. There was also a Thanksgiving play.

Then Mr. Powers told the children of the Sunshine School that he liked their songs and play, but he liked most the thought of their giving to others.

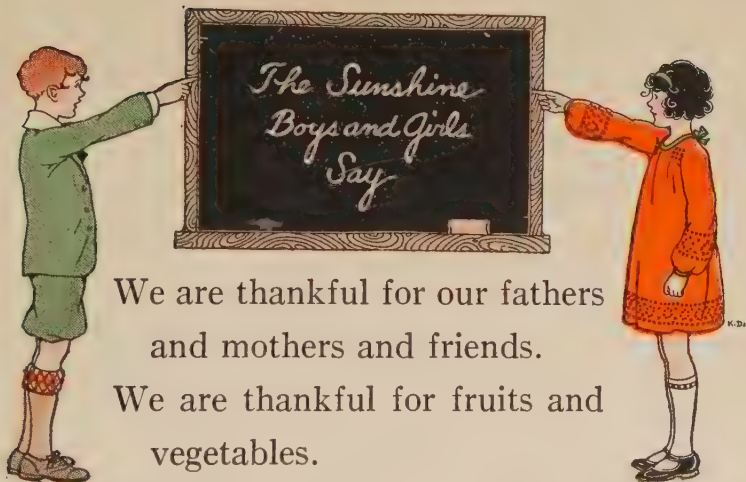
Before they left for home the children in Miss Joy's room packed their basket.

Polly had brought some beautiful flowers which made the basket look pretty.

Harry and Nancy and Anna said that they would deliver the basket. Harry's father came in his car to help them.

The good food helped to make the mother, the father, and the children strong and well.

What a happy Thanksgiving the new family had!



We are thankful for our fathers
and mothers and friends.

We are thankful for fruits and
vegetables.

We are thankful for the sun-
shine and the flowers.

We will always try to make
others happy on Thanksgiv-
ing Day.

Put These Words in Order

1. told, a, Miss Joy, story
2. about, Thanksgiving Day, first, the, was, It
3. America, only, in, Indians, lived, Once
4. sailed, ship, for, a, America, One, Mayflower, day,
the, called

5. found, Pilgrims, last, America, At, the
6. and, a, it, Plymouth, They, town, called, built
7. a, It, winter, was, long, hard
8. harvest, Pilgrims, The, good, had, very, a
9. to, They, feast, Indians, great, invited, a
10. the, This, Thanksgiving, first, was
11. very, The, Thanksgiving Day, and, happy, boys,
Sunshine School, girls, on, were
12. their, thankful, health, were, They, for
13. others, happy, to, wanted, make, They
14. need, a, was, There, family, in, food, of
15. Sunshine School, The, had, children, party, a
16. for, They, good, brought, many, family, things, this
17. things, cream, The, oranges, grape juice, good,
jelly, other, and, eat, children, brought, to

Try This. It's Fun

1. Plan a Thanksgiving party for your own family.
2. Make some place-cards for the dinner table.
3. Learn a Thanksgiving story to tell.
4. Sing a Thanksgiving song you learned at school.

XII

SANTA CLAUS'S BABY

The children in Miss Joy's room had just sung their morning song.

"Let us talk about Christmas," said Miss Joy. "What shall we do in school for Christmas?"

"I know," said Tommy. "Let us have a health play. We had one last year. It was great fun."

"May we have a new play?" asked Martha. "I think we could write one if Miss Joy would help."

"May we try to write a new one?" asked one of the children.

"I shall be glad to help," said Miss Joy. "What shall we write about?"

"I think the children would like to have Santa Claus in it," said John.



"It would be fun to have a little Christmas tree in it," added Henry.

"Tommy would make a fine Santa Claus," said John.

"As Santa Claus always brings so much candy, wouldn't it be better to have him bring more fruit?" asked Nancy.

"Let us play that Santa Claus has a baby. He will bring her to our party. The baby will not

be healthy because she eats too much candy. We can give Santa Claus some good advice," said Mary.

"That would be fine, Mary," said Miss Joy. "Shall we have a real baby in the play?"

"No," said Mary. "We could have a big doll for the baby. We might call her Mary Santa Claus."

"What shall we call the play?" asked Judith.

"Let us call it 'Santa Claus's Baby,'" said Mary.

"May we invite our fathers and mothers?" asked Marjory.

"Oh, yes," said Miss Joy. "We should be glad to have them come."

For days they worked together on the play, and at last it was written. Many fathers and mothers came to see it. In the room there was a Christmas tree covered with many presents which the children had made.

This was the play that the children and Miss Joy wrote:

SANTA CLAUS'S BABY

(Bells jingle. SANTA CLAUS comes in shaking snow from his coat.)

SANTA CLAUS. Hello, children. How you have grown since last year! I am sorry to be a minute late. It is snowing very hard. My reindeer are nearly tired out drawing the heavy sleigh. But here we are at last. I suppose you are expecting some presents.

CHILDREN. Oh, yes.

(SANTA CLAUS hands out many presents. He speaks kindly to the children. Suddenly there is a pitiful cry back of the curtain. SANTA CLAUS looks troubled.)

SANTA CLAUS. Did you know that I have a baby?

CHILDREN. No, Santa, how old is she?

SANTA CLAUS. She is nearly two years old. Her name is Mary Santa Claus. She is a lovely child.

(Another cry back of the curtain.)

I will ask Mrs. Santa Claus to let me bring her from the sleigh. *(SANTA CLAUS goes back of the curtain and brings out a big doll.)* There is just one thing about Mary that



Kayman Draper.

makes me sad. She is not very strong. She cries a good deal and does not seem to want to eat at mealtime. You all look so healthy. Perhaps you can tell me what to do.

FIRST CHILD. Perhaps she is eating too much candy. You know candy is not very good food. It does not help the body to grow.

SECOND CHILD. If children eat candy between meals it spoils their appetite. They are not hungry for good food like brown bread and milk.

THIRD CHILD. Candy is all right if a little of it is eaten at the end of a meal. Oranges and figs and dates and raisins are better for children than candy.

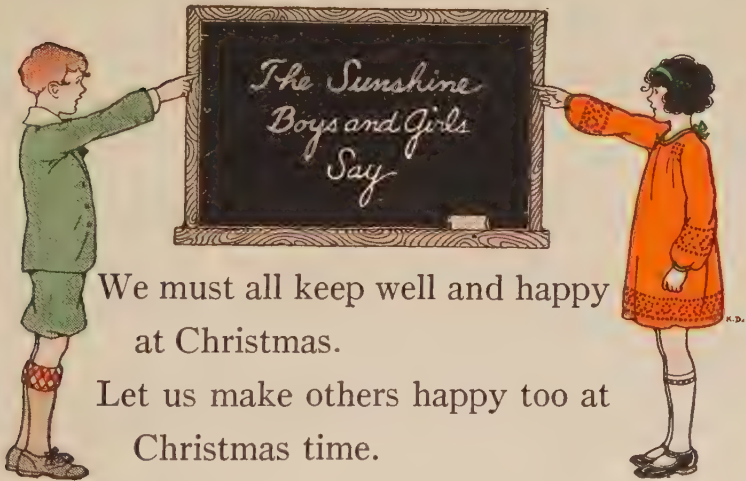
SANTA CLAUS. Thank you for your help. I think eating candy must be harming Mary Santa Claus's health. Perhaps eating too much candy is what makes so many children sick at Christmas time. Hereafter I must give away more fruit.

*(A Child now goes forward to hand SANTA CLAUS
a bottle of milk.)*

CHILDREN. (*Sing, tune: "John Brown's Body"*)

Bring Mary up on good sweet milk,
Bring Mary up on good sweet milk,
Bring Mary up on good sweet milk,
It will make her strong and well.

SANTA CLAUS. (*Gets ready to leave.*) I must go now. Thank you so much for all your help. I will bring Mary next year so that you can see how healthy she has grown. Good-by, and a Merry Christmas.



Questions to Answer

1. What were Miss Joy's children talking about?
2. Why did they want a health play?
3. What person did they want in it?
4. Who would make a good Santa Claus?

5. What did they call the play?
6. Who wrote the play?
7. Who were to come to see the play?
8. What did the children hear before Santa Claus came in?
9. What was the first thing he said?
10. Why were the reindeer tired?
11. How did the children find out that Santa Claus had a baby?
12. What kind of child was Mary Santa Claus?
13. Why didn't she like her meals?
14. Should children eat much candy?
15. When should it be eaten?
16. What did Santa Claus think might make a better gift than candy?
17. What did one of the children give to Santa Claus?
18. What song did the children sing?
19. What was Santa Claus's promise?
20. Will you be careful about candy at Christmas time?
21. Will you remember your milk in the middle of the morning?

Try This. It's Fun

1. Play "Santa Claus's Baby" just before Christmas.
2. Change the word *milk* in the song to *carrots*. What other words can you use besides *milk*?
3. Write another act of this play. Santa Claus comes back next year. What will he say? What will the children say?



XIII

SAFETY IN THE SUNSHINE SCHOOL

HELLO, MR. RILEY

Every boy and girl in the Sunshine School was in the big hall.

Some Boy Scouts marched in with a large American flag. They left it at the front of the platform. How beautiful it looked with its stars and stripes!

Mr. Powers was sitting on the platform. Near

him sat another man. This man wore blue clothes with brass buttons. He had on white gloves.

The children arose and sang "America, the Beautiful." Then everyone saluted the flag.

Who was the man in the blue clothes? He stood very tall and straight. He turned his face toward the children as he saluted the flag.

They were very much surprised. It was Mr. Riley, their own traffic officer. Miss Joy's children had never seen him in the school before.

"Boys and girls," said Mr. Powers, "you all know Mr. Riley. He will talk to you."

The children clapped their hands. They liked Mr. Riley's smiling face.

"Boys and girls," said Mr. Riley, "the street in front of the schoolhouse is a dangerous place. I want every one of you to help to make it safe. Automobiles come very fast sometimes.

"Before you cross the street, stop. Look to the left, then to the right, before you step into the

street. If I am not near, wait until there is a clear space. If you see me, wait for my signals.

"What does this mean?" Mr. Riley held up his hand toward them.

"Stop," said the children.

"And what does this mean?" asked Mr. Riley. He beckoned with his hand.

"Come on," answered the children.

"Fine," said Mr. Riley.

"Remember to keep on the sidewalk. Cross only at the crosswalk. Here is a rhyme about Safety Sue that you will like:

"Safety Sue doesn't mind crossing streets a bit,
Because she knows she won't get hit,
She stops and looks both ways, you see;
And that's a rule for you and me."

Mr. Riley bowed.

The children clapped.

Mr. Powers then said, "Miss Straight will tell us how to play safely on the playground."



MISS STRAIGHT SPEAKS

"Sometimes," said Miss Straight, "boys and girls are careless on the playground. We must make the playground safe for all the children. These are some of the things the older children say we must do:

"Play games carefully without pushing or tripping.

Be careful to aim balls so that they will do no harm.

Never throw sand or stones, even in fun.

Take turns in play.

Keep to the right when you are running.

Pick up papers and rubbish from the playground.

Put apple cores and fruit skins in the proper place."

"I have a rhyme for you too," Miss Straight added. "Here it is:

"Jack be nimble, Jack be quick

But don't run around with a pointed stick."

The children clapped again and laughed. They liked Miss Straight. The girls hoped that some day they should be as tall and good looking.

"There is a chance to work for safety in the school building too," said Mr. Powers. "Sally Wright, of the safety committee of the sixth grade, will tell us how."

SALLY TALKS ABOUT SAFETY

Sally came forward and bowed.

"We think it will be well for us all to keep to the right when we are going through the halls. Let us be careful, too, not to push other

children on the stairs. Let us pick up things that we drop on the floor, so that children will not fall over them. Doing these things will help to keep us safe.

"You will find many other things that we can do at home and in school."

OTHER WAYS TO BE SAFE

That afternoon the children in Miss Joy's room did talk about safety.

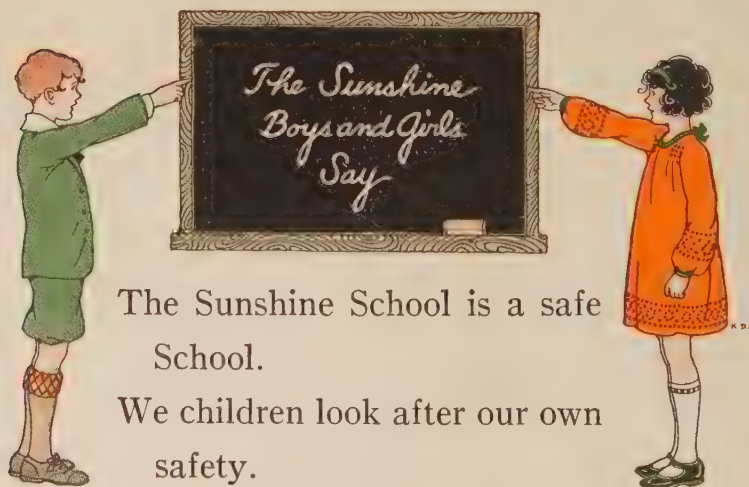
John said that the doctor told his mother that children need to be careful when they have colds. They need to cover their coughs and sneezes with their handkerchiefs. Colds are catching. The best thing children can do when they have a hard cold is to go to bed and rest. It is better not to go to school. This means safety, too.

"There is another safe habit that we need to form," added Miss Joy. "We need to keep our fingers out of our mouths."

"We must eat the right kind of food, too," said Tommy. "We need vegetables, fruit, and a quart of milk a day. That is safety."

"My mother says that to be safe everybody should sleep many hours each night with the windows open," said Martha.

"How many things there are to make us safe and happy!" added Miss Joy with a smile.



The Sunshine School is a safe
School.

We children look after our own
safety.

We look after the safety of
others too.

WHAT I DO FOR SAFETY

Fit the Right Words into the Spaces

Words to fit in: Sunshine, careful, up, wait, never, child, often, stones, picked, street, down, is, play, try, hurt, glass, covered, cross, clear, hands, helped, place, push, skins, school.

I am —— when I cross the —— . Before I —— I always look —— and —— the street. If the street is —— I cross over. If it is not clear I —— . If there —— a traffic officer in the street I wait until he tells me with his —— that it is safe. It is —— safe to —— in the streets. Yesterday I —— a kindergarten —— to get across the street safely.

We —— to make our playground a safe —— . It is not —— that anybody is —— . We do not —— or trip others. Sand and —— are never thrown. We pick up pieces of —— . Fruit —— are —— up and put into a —— can.

I hope your —— is as safe as the —— School.

Try This. It's Fun

Make believe that you are the traffic officer. Show how he gives the signal for children to stop.



XIV

FUN ON A RAINY DAY

HOW IT RAINED!

It was raining hard.

The raindrops chased one another down the window pane.

Miss Joy stood at one of the windows in her schoolroom. She wondered how many children would come to school that morning.

How green the grass had grown overnight!

How good the rain seemed after the long dry time!

There was somebody coming. Who could it be? It looked like Henry.

Yes, it was Henry. He had on his new rubber boots. He had on an oilskin hat, and his oilskin coat came down to his feet.

Henry looked happy. Miss Joy heard him singing to himself as he waded through a big puddle of water.

Henry opened the door into the room.

"Good morning, Miss Joy. I had great fun coming to school. See my new rubber boots!"

"Aren't they good ones, Henry? I know your feet must be dry."

"Yes, they are," said Henry. "If I had not had my new boots I should not be here. My old rubbers had holes in them. Mother does not like to have me miss school, but she says it is better to stay away from school than to catch cold."



"Your mother knows what it is best to do, Henry. Where is James?"

"He lost his raincoat, so he had to stay at home."

Henry went out into the coatroom to take off his things. After he took off his boots he put on some warm slippers.

An automobile brought Mary and John. They put up their umbrellas and ran quickly into the schoolhouse out of the rain.

Down the street other children were coming. They were all dressed for the rain. They had umbrellas, oilskin hats and coats, and rubbers or rubber boots.

"Many of the children are coming," said Miss Joy. "We are going to have a good time. It is always fun at school on a rainy day."

FUN AT SCHOOL

"Children, what song shall we sing?" asked Miss Joy.

"Let us sing the one that goes to the tune of Yankee Doodle," said John.

"It is a song I used to sing when I was a little girl," said Miss Joy.

"I like that one, too," said Alice. "It's the one about the rainy day."



This is the song they sang:

"The rain is falling very fast.

We can't go out to play,

But we are happy while in school

If it is a rainy day."

"Boys and girls, what should you like to do now?" asked Miss Joy.

"Please tell us a story, Miss Joy," said John.

So Miss Joy told them a story about a little girl who planted seeds in a pot. Every day she went to see whether they were growing, but there was nothing but the dark, dry earth. At last she was tired of watching the pot. She took it out of doors and left it in the sunshine.

"I suppose you know why the seeds did not grow," said Miss Joy.

"Yes, she didn't put any water in the pot," they shouted.

"Who wants to make up the rest of the story?" asked Miss Joy.

"I do," said Tommy.

"There was a long hard rain. One day when the little girl went out of doors she found plants in the pot. She watched the plants grow, and later they had pink flowers on them."

After the story there was another song.

In their drawing lesson they drew pictures of children starting to school in the rain. They

were dressed in new raincoats and rubber boots. They were all ready for a rainy day.

Then recess came. It rained so hard that the children could not go out. They opened the windows wide and played games in the schoolroom.

FUN AT RECESS

"Miss Joy always teaches us a new game on rainy days," said Polly. "I wonder what it will be today."

"Children, did you ever play 'Charley over the Water'?" asked Miss Joy.

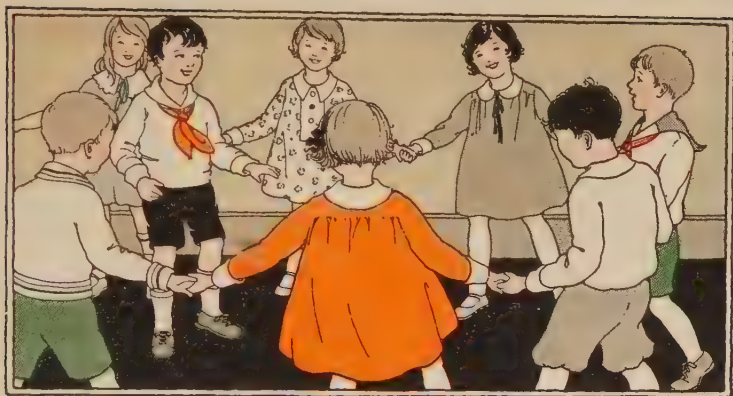
"No, Miss Joy. How do you play it?"

"We shall make our circle first. Charley must be in the center. Who will be Charley?"

"I will," said John.

John stood in the center of the circle.

"Now we shall say a rhyme together," said Miss Joy. "The last words of the rhyme are 'Can't catch me.' When we say those words we



must stoop over. If John touches one of us before he can stoop, that one will be Charley the next time.

"All right, children, let us say the rhyme:

"Charley over the water,
Charley over the sea,
Charley catch a blackbird,
Can't catch me."

"Henry, you are it," said John.

So Henry was Charley the next time.

The children thought it was great fun catching Charley.

They played others of their rainy-day games before recess was over. They always had a long recess on rainy days.

FUN AT HOME

The next morning the children who had stayed at home began to tell Miss Joy about the fun they had had.

"I made a scrapbook about milk," said Nancy. "Here it is."

She handed the book to Miss Joy.

"What pretty pictures you have in the book, Nancy! Where did you get them?"

"I cut them out of some magazines mother gave me. Isn't that a good picture of a cow? In Italy the milkman drives the cow to the door. Then he milks as much milk as the people want."

"I made a scrapbook, too," said Peter. "My book is a vegetable book. See this good picture of spinach."



"Yes," said Miss Joy. "And what a beautiful head of lettuce! That large red tomato looks good enough to eat."

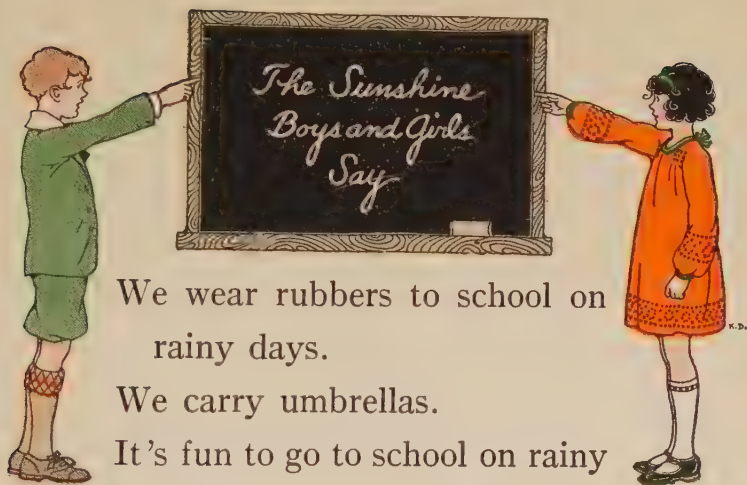
"Ralph, what did you do?"

"In the afternoon when it stopped raining I played with my boat. I made it last summer. It has three sails. I put it in the brook. The water was flowing fast. Soon my boat was almost under the bridge. I nearly lost it."

"We worked on our doll house," said Anna.

"Everyone can have a good time even when it rains," said Miss Joy. "We had a beautiful time in school yesterday. I am glad that some of you stayed at home. You might have caught cold."

"My mother," said Anna, "is going to buy me a new pair of rubbers the next time she goes to the store. Once I caught cold because I went to school with wet feet. Mother says I must never do it again. I had a good time at home, but I don't like to miss school."



We wear rubbers to school on rainy days.

We carry umbrellas.

It's fun to go to school on rainy days.

We can have fun at home too.

Questions to Answer

1. Who stood at the window one rainy morning?
2. What were the raindrops doing?
3. Who was coming toward the Sunshine School?
4. How was he dressed?
5. What was he so happy about?
6. Why did James stay away from school?
7. What were the words of the song the children sang?
8. What did the children make in their drawing lesson?

9. How do you play "Charley over the Water"?
10. Who made a scrapbook?
11. Did you ever make a scrapbook? Tell about it.
12. What did Ralph do at home?
13. When should children go to school on rainy days?
14. When should children stay at home on rainy days?

Try This. It's Fun

1. Draw some pictures of things children need to wear on rainy days. Cut them out with scissors.
2. Play "Charley over the Water."
3. Write a poem about the rain.
4. Build a boat to sail in the gutter.
5. Hunt for rain poems and make one scrapbook of them.

XV

SEE OUR GARDEN GROW

The snow had gone.

The grass was beginning to look green.

Every day the sun shone a longer time.

The buds were swelling on the trees.

Beautiful violet and yellow crocuses were poking their heads above the brown earth.

The robins had come. They sang among the trees. They hopped about looking for worms.

Just over the hill the bluebirds were singing.

The brook rushed along under the bridge as if in a hurry to find the river.

All the children in Health Town were happy. They played out of doors. They shouted, they ran, they laughed aloud.

Everything seemed to say:



"Be glad. Spring has come."

The boys and girls in Miss Joy's room were very happy.

They were watching the spring come.

One day Alfred brought some pussy willows to school. Miss Joy put them in a jar of water. Every day the children watched them. They grew larger and larger. How soft and beautiful they were!

One day John said, "I wish I knew more about the way plants and trees grow."

"Let us find out," said Miss Joy. "We can watch them this spring."

What fun the children had planting things and watching them grow!

They soaked beans in water overnight. The next day they planted them in jelly glasses filled with damp cotton. The glasses were put in the windows in the warm sunshine, and the children sprinkled the cotton well each morning.



The children went to the windows many times every day to look at the beans.

"Something has happened," shouted Tommy one morning.

Tommy was standing in front of one of the jelly glasses pointing with his finger. The children ran toward him.

Yes, something had happened! There was a little sprout pushing out toward the light.

In a few days leaves began to unfold. Soon all the bean plants had leaves.

"My father plants seeds in pots and boxes," said Peter. "Then when they grow big he plants them in a garden. Why can't we have a garden?"

"We can have a garden," said Miss Joy.

The children began to plant their seeds in pots and boxes.

"Leafy vegetables are good for us," said Nancy. "Let us plant lettuce. When it grows warmer we can put the little plants out in the garden."

They planted the lettuce seeds. Soon they were coming up.

The children also planted beet, carrot, and tomato seeds in boxes.

"If we give them a good start we may have some of them to eat before we go on our vacation," said Martha.

One bright sunny day Miss Joy and all the children went out back of the playground. She pointed to a strip of land.

"This is for our gardens," she said. "Shall we begin to work on them now?"

"Yes," shouted all the children.



The boys and girls had brought shovels, hoes, and rakes. Soon they were turning up the moist brown earth.

"Is everyone to have a garden, Miss Joy?" asked Judith.

"Yes, everyone."

When the ground was hoed and raked the children began to mark off their gardens. They planted flower seeds. They also planted lettuce, beets, carrots, string beans, and squash.

The little plants growing in the schoolroom were brought out and planted again.

Miss Joy had fun in making her garden, too. Everyone wanted to know what she would have.

She said that she would plant some tomatoes for salads, and pansies for posies.

Before the summer vacation the children and Miss Joy had some tender lettuce for lunch. It was great fun working in the garden, and watching things grow.

"What will happen to our gardens in the summer?" asked Martha. "Many of us are going away."

"I shall be at home all summer," said Harry. "I will take care of two other gardens besides my own."

"How good of you, Harry!" said Miss Joy.

Many of the other children who were going to stay at home offered to help, so that all the gardens were well taken care of.

How beautiful they looked in the fall! The flowers were in bloom. There were blood-red beets and yellow carrots.

On one of the squash vines there was a big yellow squash.

There was a garden show at the Sunshine School in the fall.

All the parents of Health Town came to see the vegetables that their children had raised.

Miss Joy had a prize for her tomatoes. Mary had a prize for the biggest squash.

Miss Joy's room won the first prize for having the prettiest garden.

After the prizes were given the children played games and sang.

This was one of the songs they sang:

VEGETABLE MEN¹

SWEDISH DANCE-SONG

Arr. by Gustaf Hägg

Moderato

O! Won't you come and dance with the

The first system of the musical score consists of three staves. The top staff is a vocal line in G major (one flat) and common time, starting with a whole rest followed by a series of eighth and quarter notes. It includes dynamic markings *f* and *sf*. The middle staff is a piano accompaniment in the right hand, featuring chords and eighth notes. The bottom staff is the piano accompaniment in the left hand, with eighth and quarter notes. Dynamic markings *f* and *sf* are present. The system concludes with a double bar line.

Veg-e-ta-ble Men, In the field where the green things grow, — With

The second system continues the musical score. The vocal line (top staff) has dynamic markings *p* and *f*. The piano accompaniment (middle and bottom staves) includes dynamic markings *p* and *f*. The system concludes with a double bar line.

Spin-ach, Let-tuce, Beets, and the lit-tle Tur-nip Men, And the Cab-bage Men in a

The third system continues the musical score. The vocal line (top staff) has a dynamic marking *mf*. The piano accompaniment (middle and bottom staves) includes dynamic markings *mf*. The system concludes with a double bar line.

¹Used by courtesy of G. Schirmer, Inc.

p

row. ——— On - ion Men sing - ing, Ho! Ho! Ho!

mf *f*

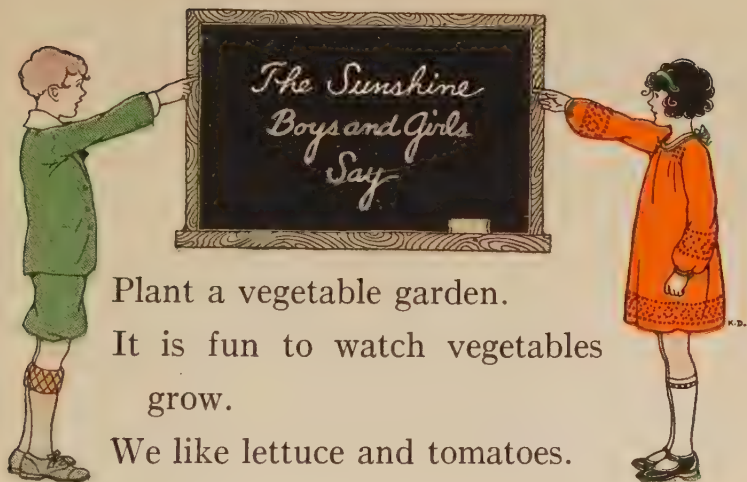
Car - rot Men shout - ing Cho Cho Cho; Come and dance on the

mf *f marcato*

f più lento

mea-dow in the sun And laugh and sing and grow.

più lento



Plant a vegetable garden.

It is fun to watch vegetables
grow.

We like lettuce and tomatoes.

Questions to Answer

1. What happens to the snow when spring comes?
2. What happens to the flowers?
3. Does the sun set earlier or later in spring?
4. What do the birds do in the springtime?
5. Why do little children like the spring?
6. What happened to the pussy willows that Alfred brought to school?
7. What did the children do with the beans?
8. How many of the children had gardens at school?
9. What did they plant in their gardens?

10. What did Miss Joy plant in her garden?
11. Who took care of the gardens in the summer?
12. What kind of show did they have at the Sunshine School in the fall?
13. Who won prizes?
14. Can you sing the song about the "Vegetable Men"?
15. What will you plant in your garden in the spring?
16. What vegetables did you eat yesterday besides potato?

Try This. It's Fun

1. Have a school garden this spring.
2. Have a garden at home.
3. Make a vegetable scrapbook. Paste into it pictures of vegetables good for children to eat.



XVI

BUILDING A DOLL HOUSE

Miss Joy's room was very pretty. It had many beautiful pictures and books and flowers.

The soft sunshine came through the big open windows. The canary sang. The children laughed sometimes at their work. Miss Joy often laughed with them.

They did many things at school that children

like to do. They drew pictures, sang songs, read stories, and cut things out from paper.

One day Anna said, "Wouldn't it be fun to make a doll house?"

"I could help," said Peter. "I made one last summer."

"May we start now?" asked Nancy.

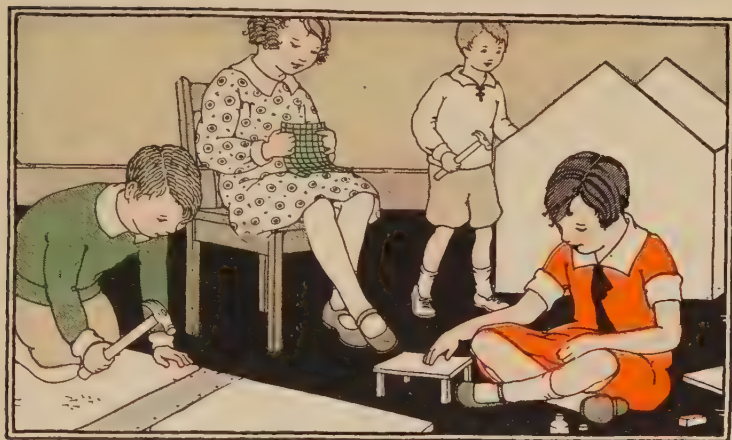
"You may start tomorrow," said Miss Joy. "I think that the janitor will be glad to help you."

The very next day the children began to build the doll house. Every boy was ready to help with the tools. The girls said they would paper the rooms. They would also make the furniture. Then the house would need some dolls.

The janitor found an open place in the basement where the boys could begin their work.

"We can't start to build the house until we know how many will live in it," said Peter.

The children wanted a family of five people. There would be Mr. Turner, Mrs. Turner, and



their three children, Alice, John, and Baby Mary. They needed a large house.

"How many rooms shall we have on the first floor?" asked Peter.

"We want a living room on the first floor," said Nancy. "Let us have a large fireplace in it. Then we need a kitchen and a dining room."

"Yes, and let us have plenty of windows in the house," said John. "To be healthy and happy, the Turner family needs plenty of air and sunshine."

"On the second floor," said Tommy, "we need four bedrooms and a bathroom."

"Let us have a large sunny bathroom," added Julia. "The baby needs to be bathed every morning."

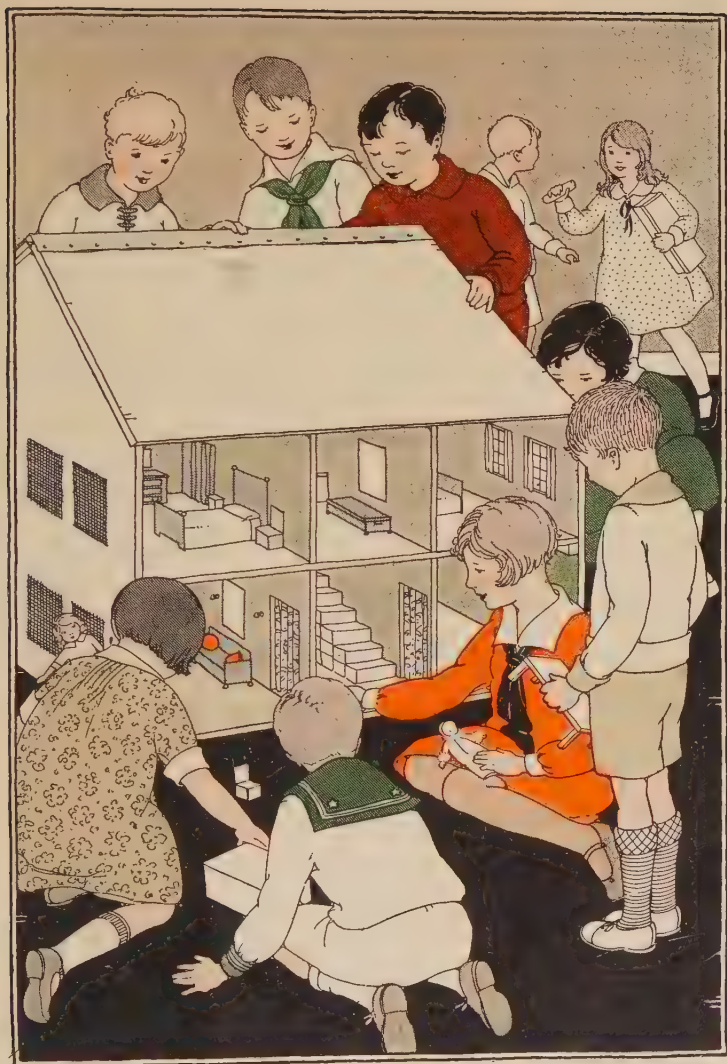
"Yes, and everybody in the family needs more than one full bath a week," said Henry.

"Boys, be careful about the stairway. Make it strong and broad so that the Turner children will be safe," said Martha.

"The windows need screens, too," added Tommy. "Summer is coming. The flies will soon be here. Unless we have screens the dirty flies will walk over the food and the baby's face."

"Pound, pound, pound," went the hammers. The boys were building the doll house. They came early in the morning to work. They often worked after school.

Some of the girls made the clothes for the Turner family.



Father Turner had a suit of gray clothes and a gray cap. His necktie was red.

Mother Turner had pretty hair and brown eyes. She wore a soft green silk dress.

John was a strong boy with black curly hair. They made him a pretty blue suit.

Alice had a yellow dress. She had pink cheeks, brown hair, and blue eyes.

Mary was a cunning baby. She had yellow hair. Her cheeks were fat and pink. The girls made her pink and blue rompers. They had great fun making all the clothes for the family.

Esther brought a doll carriage for Mary. It was one Santa Claus had brought to her.

"I never saw such friendly dolls before," said Miss Joy.

Both the boys and girls worked on the furniture. It took a long time to make the beds. Then the girls made the bedding. The pillows were low. The puffs were soft and light.

"The Turner children must not belong to the Hump Family," said Mary. "It is not healthful to sleep on high pillows."

At last the doll house was finished.

"We put on a piazza," said the boys. "The baby will need it for her naps."

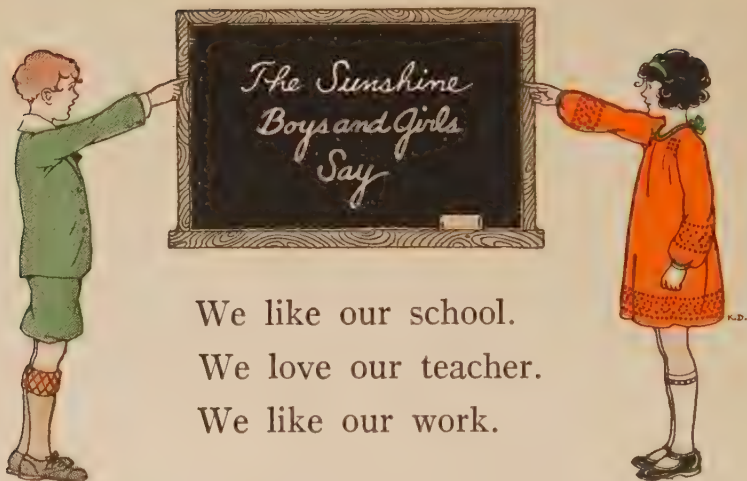
What good housekeepers the children were! Every day they swept and dusted the house and made the beds.

Every morning the baby had a bath and a nap.

The Turner family had good things to eat. They had four quarts of milk a day, and everyone liked green vegetables. They ate cereal and fruit every morning. They liked salad and brown bread for lunch. The Turner children liked baked apples and toast for supper.

Every night after supper all the family played together in the living room. They sang songs, played games, and told stories around the fireplace.

They had a happy time living together.



We like our school.
We love our teacher.
We like our work.

Questions to Answer

1. What made Miss Joy's room so pretty?
2. Why did the children like their school?
3. Who first thought of building a doll house?
4. What did the boys offer to do?
5. What did the girls offer to do?
6. How many were to live in the house?
7. What were their names?
8. Did they have many windows in the house? Why?
9. What covered the windows? Why?
10. How were the dolls dressed?

11. What did Esther bring for the baby?
12. What kind of pillows did the dolls have?
13. Do you belong to the Hump Family?
14. What did the Turner family have to eat?
15. What did the baby have every morning?

Try This. It's Fun

1. Plan and build a doll house.
2. Bring some pictures of dolls to school.
3. Tell some stories about the home life of the Turner family.
4. Bring some books to school about dolls in other lands.

XVII

THINGS THE CHILDREN MADE

THE MILKY WAY

We made a beautiful border for our schoolroom. We named it the Milky Way to Health Land. There were five-pointed white stars on a blue background.

It was our class record in milk drinking.

We made a star of five of these. Each star meant that we had drunk five half-pint bottles of milk in school that week.

Each child knew which stars belonged to him.

By the end of the term the border went almost all around the room. We had drunk many bottles of milk.

We all helped to make the Milky Way longer.

OUR GARDEN OF HEALTH HABITS

Our Garden of Health Habits helped us very much.

It was made of oatmeal wall paper of different colors.

The sky was a light blue.

The row of mountains against the sky was a darker blue.

Then came some green grass.

At one edge of the green grass were little cottages with red roofs.

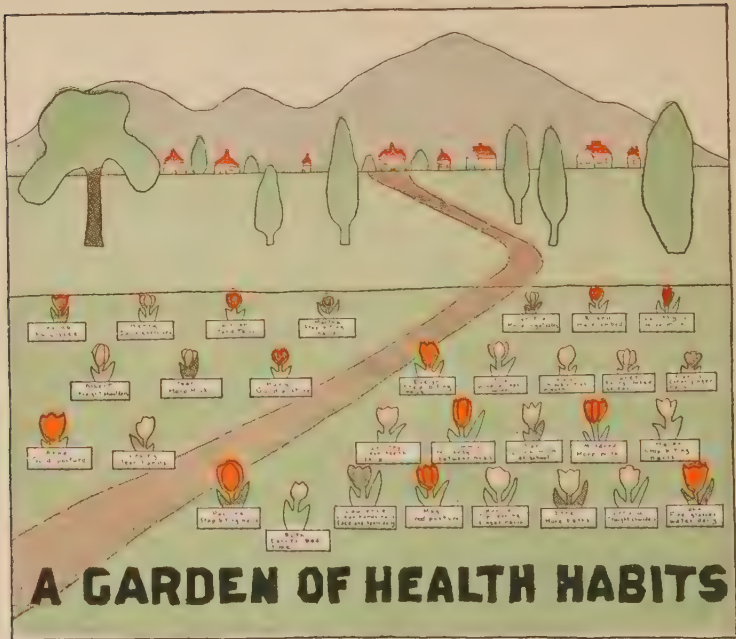
We cut the cottages from white paper and colored the roofs with red crayon.

Tall trees grew from the green earth.

There was a flower garden out in the front of the picture.

The flowers were tulips and crocuses. We made them lovely colors with our crayons.

We played that these flowers were good health habits. We took care of them to make them grow.



Mary's little violet crocus was named "Good Posture."

Tommy's red tulip was called "No candy between meals."

Martha's flower helped her to remember not to bite her nails.

Our fathers and mothers were pleased with the way our flowers grew.

OUR VEGETABLE DANCE

We liked the song about the vegetable dance so much that we made a picture of it.

We made the sky and the grass with our crayons.

We cut out a little dancing girl for the middle of the picture.

We studied the colored pictures of vegetables in a seed catalog. We cut out some vegetables like the pictures and colored them with our crayons.

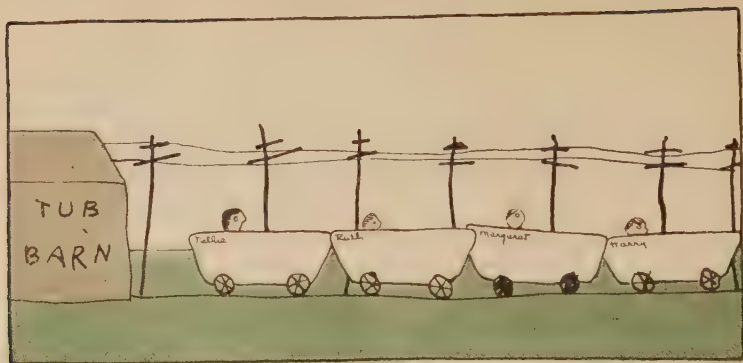
All the vegetables had dancing arms and legs and merry faces.

It was a gay parade of lettuce, carrots, beets, cabbages, beans, peas, potatoes, and onions.

It was fun to make the vegetables smile.

We knew that they were all jolly friends.

Then every child made a poster for himself. He took it home and hung it up in his bedroom.



THE BATHTUB TRAIN

We made a long poster on the blackboard.

We called it the Bathtub Train.

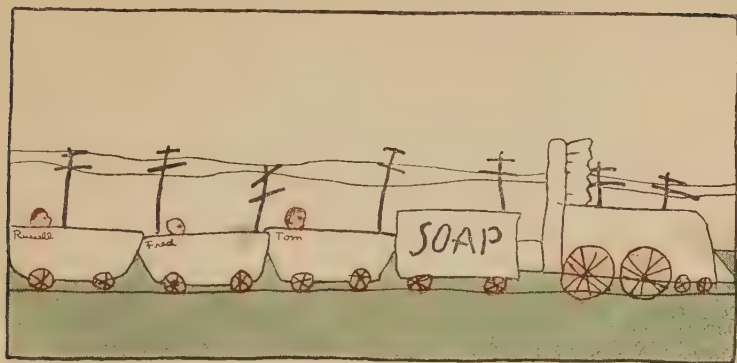
The picture had blue sky and green grass.

We cut an engine out of white paper. The engine looked like a bar of soap. It had a smoke stack and wheels. The smoke stack looked like a toothbrush.

The first car was full of soap.

We pasted the engine and the soap car on a track.

Each child cut a bathtub out of white paper.



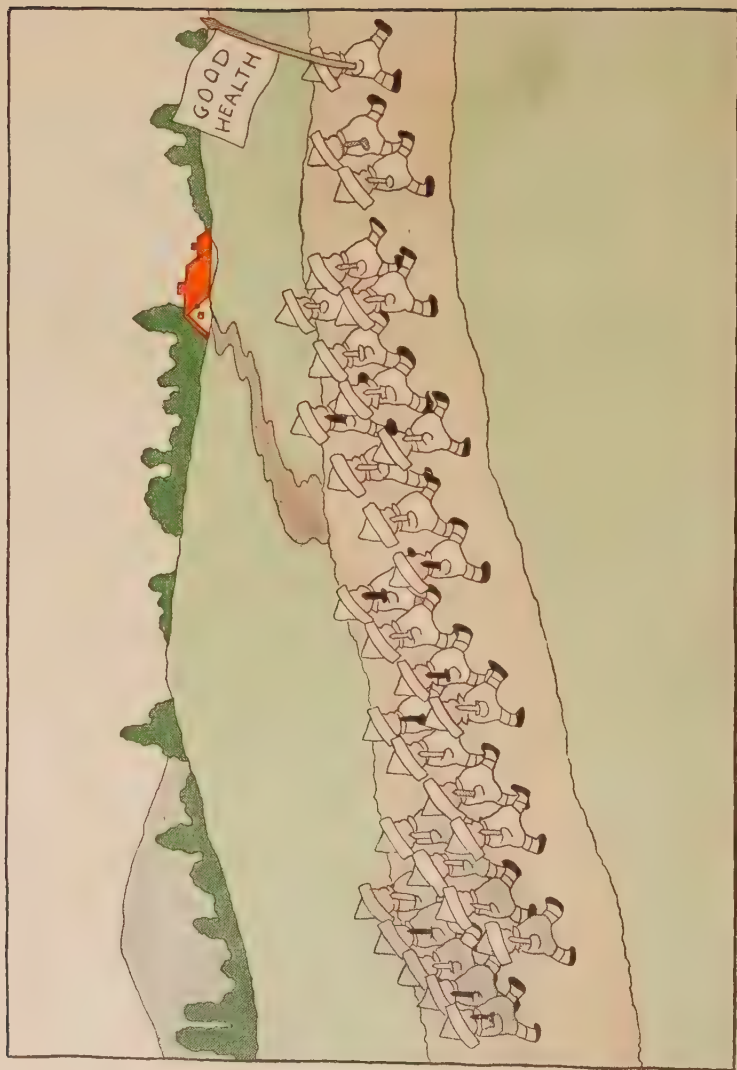
Each bathtub had two black wheels. A child's head showed over the top of the tub.

At the other end of the track we pasted a brown Tub Barn.

On Monday morning we took our bathtubs out of the Tub Barn. These bathtubs were like cars on the track behind the engine and the soap car.

Sometimes we had a long train because every tub was there. Sometimes the train was shorter. Some bathtubs had to stay in the Tub Barn.

Some children had forgotten their baths over Sunday.



Almost always every child's tub was on the track on Monday morning.

It was a happy train.

THE GOOD HEALTH ARMY

Our Good Health Army made us very proud.

We were strong soldiers marching up the road behind the good health banner.

We made this picture out of poster paper. We tore light green paper to make the grass. The trees were torn from dark green paper, and they stood out against the sky.

There was a little red-roofed cottage in the background of the picture.

A blue mountain rose high against the sky.

Fresh air was everywhere.

We all marched boldly up the hill.

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